

# Community SPECTRUM

SUMMER 2024 • JUNE | JULY | AUGUST

## HIGHLIGHTS:

- SENIORS' WEEK
- ROTARY UNPLUGGED SUMMER CAMPS
- PARTY IN THE PARK
- CANADA DAY CELEBRATION



# CANADA DAY 2024

## FÊTE DU CANADA

MONDAY / LUNDI

# JULY 1

# 1ER JUILLET

FUN FAMILY ACTIVITIES  
ALL DAY LONG

Journée remplie d'activités  
amusante pour toute  
la famille

PANCAKE BREAKFAST / Déjeuné de crêpes

9AM-11AM » SENIORS CIRCLE

Hosted by Whitecourt Town Council

TRIPLES CO-ED SAND VOLLEYBALL TOURNAMENT /

Triple tournoi mixte de volleyball sable

10AM » FESTIVAL PARK

Pre-register your team at the Allan & Jean Millar Centre by  
calling 780-778-3637 or online at <https://rec.whitecourt.ca>.

CRIB TOURNAMENT / Tournoi de crible

1PM » SENIORS CIRCLE

FAMILY FUN / Plaisir pour toute la famille

2PM-6PM » FESTIVAL PARK

Face Painting, Live Entertainment, Inflatables,  
Crafts, Kids Carnival

SINGING OF O'CANADA & CUPCAKES /

Chant d'O'Canada & petits gateaux

4PM » FESTIVAL PARK

LIVE MUSIC / musique

6PM-11:15PM » FESTIVAL PARK

LIVE  
ENTERTAINMENT  
SPECTACLES SUR SCÈNE  
STARTS AT 2PM AT FESTIVAL PARK



HEADLINER

HILLSIDE OUTLAWS

LIVE MUSIC MUSIQUE  
6PM UNTIL THE FIREWORKS

FIREWORKS / Feux d'artifices

11:15PM » FESTIVAL PARK

Whitecourt



Canada





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## 46 IN THE COMMUNITY

IF YOU REQUIRE SPACE IN THE 2024 FALL SPECTRUM (SEPT-NOV) PLEASE CONTACT US AT 780-778-6300 OR SPECTRUM@WHITECOURT.CA BY FRIDAY, MAY 31, 2024.



5004 - 52 Avenue  
 Whitecourt AB T7S 1N6  
 Tel: 780-778-2273 Fax: 780-706-2062  
 Email: [administration@whitecourt.ca](mailto:administration@whitecourt.ca)  
[www.whitecourt.ca](http://www.whitecourt.ca)  
[facebook.com/TownofWhitecourt](https://facebook.com/TownofWhitecourt)  
[facebook.com/MillarCentre](https://facebook.com/MillarCentre)



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## AROUND TOWN



**TOM PICKARD**  
**MAYOR**

## MAYOR'S MESSAGE

Many people throughout our community are already making their summer plans, and many are planning to enjoy a “staycation”. There couldn’t be a better year to do it with all that’s planned in Whitecourt.

- The Run 4 Fun will have people of all ages hitting the trails on June 1.
- Whitecourt’s Pride Celebration and BBQ will be held in Festival Park June 7.
- Whitecourt’s official kick-off to summer, Party In The Park, is scheduled for June 14 and 15.
- Summer Street Fest is back in downtown Whitecourt August 10.

Of course there’s always the traditional summer events, such as Canada Day celebrations and the annual Rodeo to take in too. And, for this year, we’re also planning Skate Jam Pop Up Parties and more Park Parties. Find information on all these events, and other activities and programs offered in our region, in this edition of the Community Spectrum. *Enjoy your summer!*

# Communities in Bloom

**The Whitecourt Communities in Bloom Committee is getting ready for spring!**

Check out our Facebook page for info about upcoming events including:



**Our “Love Your Yard”  
recognition program**



**Garden chat group**



**Workshops, work bees  
and more!**



We’re looking for volunteers who want to share their joy for gardening with us at the Trade Fair, Children’s Festival, and to take care of the Heritage Garden!

Let us know you’re interested on Facebook messenger or contact Kelly at 780-778-3637 ext. 407 or [kellysadoway@whitecourt.ca](mailto:kellysadoway@whitecourt.ca)







# FESTIVAL PARK

Proudly supported by  
**Rotary**  
 Club of Whitecourt

## WHITECOURT RIVER SLIDES

### Hours of Operation

**May Long Weekend to June 14**  
 Daily 10:00am-9:00pm (weather permitting)\*

**June 15 through to the end of Labour Day**  
 Daily 10:00am-9:00pm

**After Labour Day to September 30**  
 Weekends only 10:00am-7:00pm (weather permitting)\*



Named one of the **TOP 10**  
**FAMILY DESTINATIONS**  
 IN ALBERTA

- Whitecourt River Slides
- Splash Park
- Fishing Pond
- Interactive Playground
- Jumbo Jumper
- Accessible Trail System
- Picnic Areas
- Grass Playfields
- Beach Volleyball
- Off-Leash Dog Park
- Festival Way
- Concession Services

**Air Filling Station** (for tubes and floaties located on the south side of the concession building)

## SPLASH PARK

### Hours of Operation

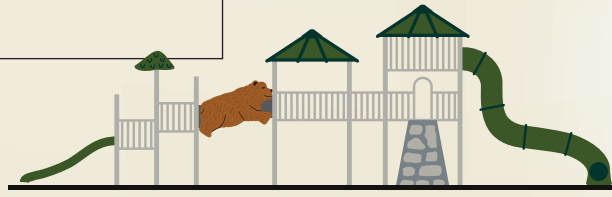
**May Long Weekend to the end of Labour Day**  
 Daily 10:00am-9:00pm

**After Labour Day to September 30**  
 Weekends only 10:00am-7:00pm (weather permitting)\*



\*The River Slides will be open when the outside air temperature is sixteen-degrees Celsius (16°C) or above, weather permitting. If sixteen-degrees Celsius (16°C) is not reached by 2:00pm the slides will not open.

The River Slides and Splash Park will be closed occasionally on Wednesdays from approximately 10:00am to 12:00 noon for maintenance. The water features will open on these days when maintenance work is complete.



Dogs are welcome at Festival Park, as long as they are leashed and stay on the trail system. Dogs are not permitted on playfields or on the grounds of the Whitecourt River Slides, Splash Park, Jumbo Jumper and playground.

## FESTIVAL WAY

Festival Way is an accessible pathway and vendor space designed to host arts, culture, and family events. Contact [bookings@whitecourt.ca](mailto:bookings@whitecourt.ca) to secure your spot today.

# AROUND TOWN

## WHITECOURT PARKS & PLAYGROUNDS

Summer is an excellent time to get out and get active. Visit one of the many playgrounds or go for a walk or a bike ride. Children learn and develop through play and exploring natural environments.

### VALLEY PLAYGROUNDS

- 1 Festival Park Playground
- 2 Central School Playground
- 3 Wedow Park
- 4 Wagoner Park
- 5 Lyons Park
- 6 Baly Park
- 7 École St. Mary School Playground
- 8 Graham Acres Playground
- 9 Prestlien Park
- 10 Powers Park
- 11 Olson Park
- 12 Percy Baxter School Playground
- 13 Athabasca Park
- 14 École St. Joseph School Playground
- 15 Riverboat Park Playground

### HILLTOP PLAYGROUNDS

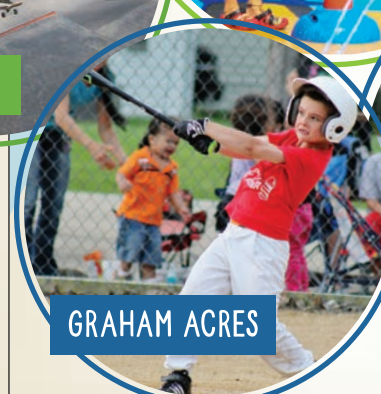
- 16 Pat Hardy School Playground
- 17 École St. Anne School Playground
- 18 Pine Park
- 19 Blueberry Park
- 20 Park Circle Playground
- 21 Southland Park
- 22 Heritage Park

### PARKS

- |                      |                             |
|----------------------|-----------------------------|
| A Festival Park      | F Memorial Point            |
| B Anniversary Square | G Riverboat Park            |
| C Centennial Park    | H Skate Park                |
| D Friendship Park    | I Mountain Bike Skills Park |
| E Heritage Park      |                             |

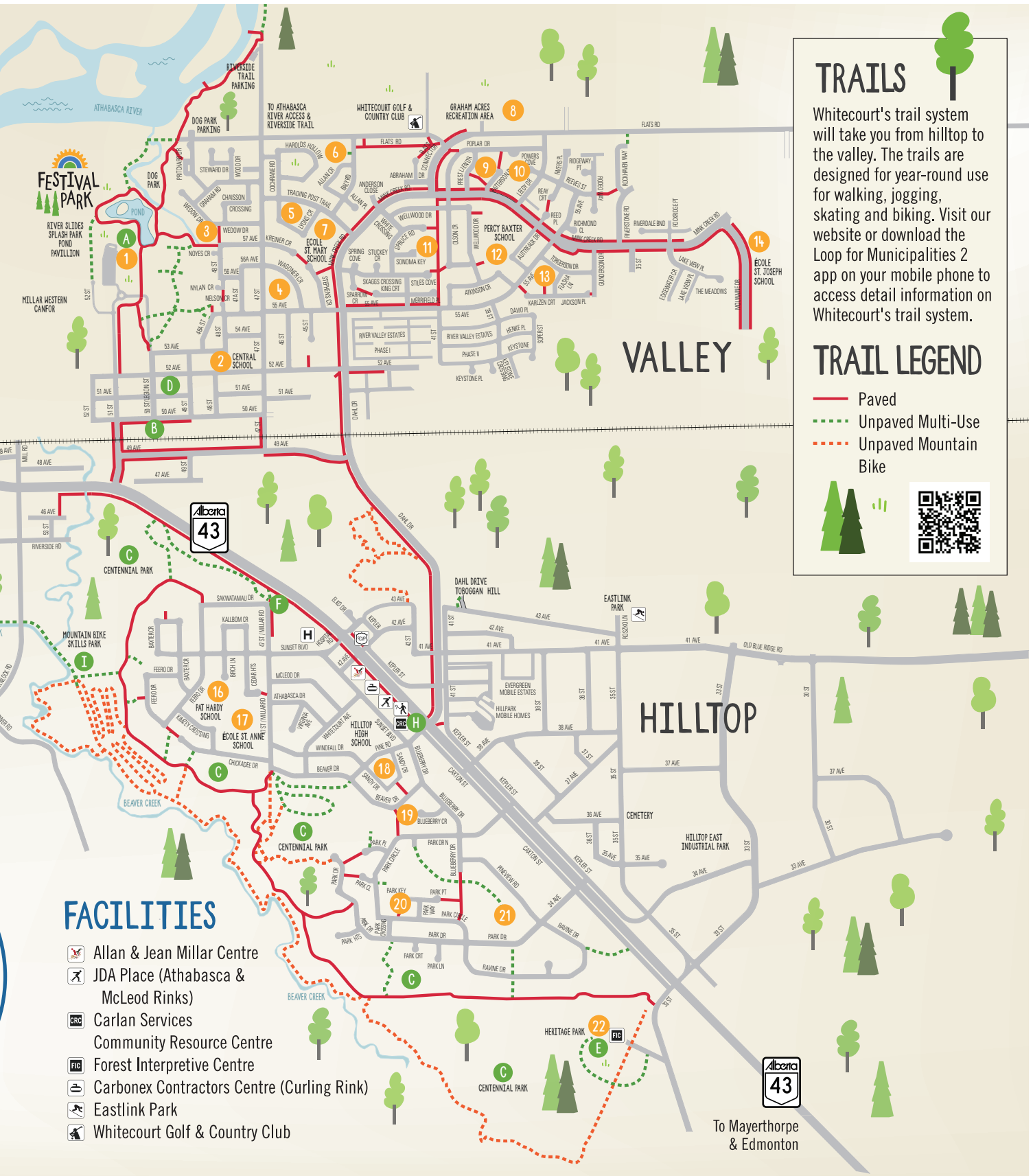


Issued April 2024



To Fox Creek, Grande Prairie, Hwy 32 North Junction to Swan Hills





## TRAILS

Whitecourt's trail system will take you from hilltop to the valley. The trails are designed for year-round use for walking, jogging, skating and biking. Visit our website or download the Loop for Municipalities 2 app on your mobile phone to access detail information on Whitecourt's trail system.

## TRAIL LEGEND

- Paved
- - - Unpaved Multi-Use
- - - Unpaved Mountain Bike



## FACILITIES

- Allan & Jean Millar Centre
- JDA Place (Athabasca & McLeod Rinks)
- Carlan Services
- Community Resource Centre
- Forest Interpretive Centre
- Carbonex Contractors Centre (Curling Rink)
- Eastlink Park
- Whitecourt Golf & Country Club

# TOWN FACILITIES

## JDA Place

72 Sunset Blvd. 780-778-8888

JDA Place  
season  
will begin  
August 11

For ice rentals  
contact bookings at  
[bookings@whitecourt.ca](mailto:bookings@whitecourt.ca) or  
call 780-778-3637 ext 402

## Carlan Services Community Resource Centre

76 SUNSET BLVD.  
780-778-3634

Carlan  
COMMUNITY RESOURCE CENTRE

Carlan  
Services Ltd.

COMMUNITY  
RESOURCE CENTRE

### HOME OF THE:

- Rivers Rec Gymnastics Club
- Whitecourt Food Bank
- Whitecourt & Area Family Support Program
- Whitecourt Early Learning & Child Care Centre

### WHITECOURT FOOD BANK

780-778-2341

11:00am-2:00pm Monday,  
Wednesday, and Friday Last intake 1:45pm

5:00pm-8:00pm Second Thursday  
of the Month Last intake 7:45pm



# WHITECOURT TRANSIT

**BIKE RACK AVAILABLE • FREE WIFI!  
30 MINUTE PICKUPS DURING PEAK HOURS!**

## TRANSIT FARES

Cash Fares	\$3
Transit 10-Ticket Pack	\$25
Adult Monthly Pass	\$70
Senior/Youth Monthly Pass	\$40
Children 6 and Under	Free
Youth Groups	\$1/passenger

## HOURS

**Monday-Thursday 6:30am-8:44pm  
Friday 6:30am-7:44pm  
Saturday 9:00am-3:44pm**

NO BUS SERVICE ON SUNDAYS & STATUTORY HOLIDAYS

## WHERE TO BUY

Passes and ticket packs can be purchased at:  
**Town of Whitecourt Office** 5004 52 Avenue  
**Allan & Jean Millar Centre** 58 Sunset Boulevard  
**IGA** 4802 51 Street



**MAKE IT A COMBO-  
ADD A TRANSIT PASS!**  
 Combo Prices • Child \$100.00  
 • Youth \$130 • Student \$210  
 Pass valid May 1 through August 31

## INTERIOR, EXTERIOR AND TRANSIT SHELTER ADVERTISING

Available for rent.  
 Please contact 780-778-3637 ext. 429  
 or email [transit@whitecourt.ca](mailto:transit@whitecourt.ca) for more  
 information on advertising rates and options.

## FOR MORE INFORMATION

Call 780-778-3637 ext. 429 | Email [transit@whitecourt.ca](mailto:transit@whitecourt.ca)

**NEW STOP!**  
 #1A at Tim Hortons (Kepler St / 43 Ave)  
**STOP CHANGE!**  
 #34 (Kepler St / 38 Ave) has been moved  
 closer to Integra Tire

# TRANSPORTATION GRANT PROGRAM & DIAL-A-BUS

A transportation voucher program for seniors 65 years of age and older, individuals approved for AISH, and individuals under the age of 65 years with physical or functional disabilities (doctor assessed).

Discounted monthly Public Transit and Dial-A-Bus passes available. Individual fares for Public Transit and Dial-A-Bus are also accepted.

## FOR MORE INFORMATION

Call 780-778-6300 | Email [css@whitecourt.ca](mailto:css@whitecourt.ca)



## VOUCHERS CAN BE USED FOR TRAVEL ON PUBLIC TRANSIT, THE DIAL-A-BUS AND LOCAL TAXI

Qualification information and program applications are available at the Allan & Jean Millar Centre.

## DIAL-A-BUS HOURS

**Monday-Friday 9:30am-12:00pm**  
 (first pickup at 9:40am)  
**1:00-3:00pm**  
 (last pickup at 2:45pm)



**WWW.WHITECOURT.CA**



# ALLAN & JEAN MILLAR CENTRE

## FACILITY RENTALS

### CROWN & ANCHOR PUB MEETING ROOM

Regular Rate: \$37.67/hr    Non-Profit Rate: \$26.90/hr  
 Daily Rate: \$150.70    Daily Rate: \$107.65

### COMPLETE PROJECTS FIELDHOUSE

YOUTH FIELDHOUSE RENTALS:    ADULT FIELDHOUSE RENTALS:

Full Surface: \$84.72/hr    Full Surface: \$107.28/hr  
 Third Surface: \$33.60/hr    Third Surface: \$41.54/hr



## CORPORATE MEMBERSHIPS

Active living has been proven to reduce absences, illness and sick days. It boosts employee productivity, energy and the ability to manage stress.

### 3 EASY STEPS TO A 15% DISCOUNT

- Gather 5 or more employees who want or have a membership.
- Sign up on our Corporate Membership list.
- Choose which membership plan you would like.

### CORPORATE MEMBERSHIP RATES

	MONTHLY	ANNUAL	COST PER MONTH	COST PER DAY
Youth (13-17 yrs)	\$28.16	\$253.69	\$21.14	\$0.70
Adult (18-59 yrs)	\$45.36	\$453.26	\$37.77	\$1.24
Senior (60-69 yrs)	\$34.02	\$305.95	\$25.50	\$0.84
Super Senior (70+ yrs)	\$17.01	\$152.97	\$12.75	\$0.42

15% DISCOUNT

\*Note: All rates include GST where applicable



If you are looking to boost company morale with no added cost contact:  
 Guest Services: 780-778-3637 ext: 0  
 or email: [guestservices@whitecourt.ca](mailto:guestservices@whitecourt.ca)

## CHILD MIND

Child Mind Services are available for children of facility guests that are 7 years of age or under. Drop-in spaces are on a first come, first served basis. If you register for a program at the Allan & Jean Millar Centre, and wish to ensure child care is available, please see Child Mind staff in advance to make arrangements or call 780-778-3637 ext. 406.

### HOURS OF PLAY

Monday-Friday mornings: 8:45am-12:00 noon

Monday-Thursday evenings: 4:00-7:00pm

Saturdays: 10:00am-12:00pm

HOURS & PRICES ARE SUBJECT TO CHANGE

### PUNCH PASSES

10 Hour Punch Pass \$46.13

(\$4.61 per hour)

30 Hour Punch Pass \$123.00

(\$4.10 per hour)

60 Hour Punch Pass \$230.63

(\$3.84 per hour)

### DROP IN RATE

\$5.64

per hour/per child



CHILD MIND WILL BE CLOSED

July 1 and August 5

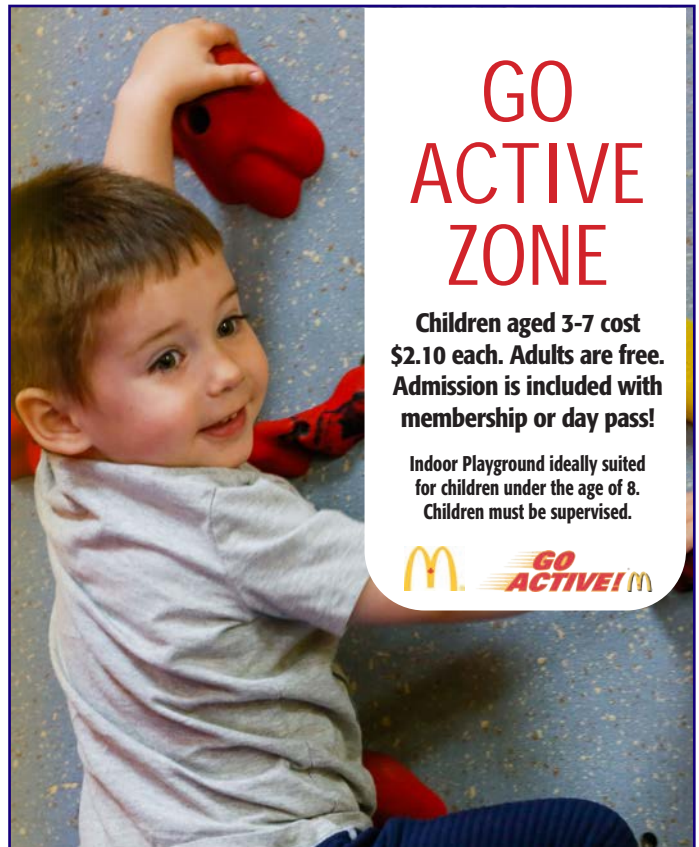


Life Med Pharmacy Kids' Corner

## GO ACTIVE ZONE

Children aged 3-7 cost \$2.10 each. Adults are free. Admission is included with membership or day pass!

Indoor Playground ideally suited for children under the age of 8. Children must be supervised.





## WE ARE OVERFLOWING WITH OPPORTUNITIES TO CONNECT & GET ACTIVE!

- Pembina Gas Infrastructure Aquatic Centre
- Pembina Fitness Centre
- Rotary Running Track
- Infratech Water Play Park
- McDonald's Whitecourt Go Active Zone
- GFI Solutions Hot Tub (34 person)
- Table Tennis
- Alberta Newsprint Company Court
- Fast Mechanical Water Slide
- Aqua Rock Wall
- Steam Room (16 person)
- Whitecourt Communications Free WiFi
- Life Med Pharmacy Kids' Corner
- Alberta Newsprint Company FITStudio
- Crown & Anchor Pub Meeting Room
- Complete Projects Fieldhouse
- Foosball



SPONSORSHIP SPOTLIGHT



We would like to thank Pembina Gas Infrastructure for its continued support of the Aquatic Centre.



## ATTENTION STUDENTS! SPEND YOUR SUMMER IN STYLE!

**MAKE IT A COMBO - ADD A TRANSIT PASS!**  
 Combo Prices  
 • Child \$100.00 • Youth \$130.00  
 • Student \$210.00

# 2024 Summer Fun Pass

**CHILD \$61.10**  
(Ages 3-12 yrs)

**YOUTH \$77.76**  
(Ages 13-17 yrs)

**STUDENT \$127.75**  
Full-Time Post-Secondary Students must provide student ID

PASS VALID MAY 1 THROUGH AUGUST 31

Find us at [facebook.com/MillarCentre](https://www.facebook.com/MillarCentre)



# ALLAN & JEAN MILLAR CENTRE

## INDIVIDUAL MEMBERSHIP FEES

*let's go...*  
have FUN with FAMILY & FRIENDS

INDIVIDUAL	DAILY	10 VISIT	MONTHLY	ANNUAL	COST PER MONTH*	COST PER DAY*
Tot (under 3yrs)	Free	Free	Free	Free		
Child (3-12yrs)	\$4.15	\$37.40	\$23.45	\$210.71	\$17.56	\$0.58
Youth (13-17yrs)	\$5.75	\$51.80	\$33.15	\$298.45	\$24.87	\$0.82
Adult (18-59yrs)	\$8.85	\$79.70	\$53.35	\$533.24	\$44.44	\$1.46
Senior (60-69yrs)	\$6.80	\$61.20	\$40.02	\$359.94	\$30.00	\$0.99
Super Senior (70+yrs)	\$3.40	\$30.70	\$20.00	\$179.97	\$15.00	\$0.49
Family	\$19.80	\$178.20	*20% off Regular Membership - see below			

## FAMILY MEMBERSHIP FEES

Family packages must include one adult/senior and at least one dependent child up to 18 years of age, or a full time student up to 25 years of age.

**20% OFF**

	MONTHLY	ANNUAL	COST PER MONTH*	COST PER DAY*
Tot (under 3yrs)	FREE	FREE	*20% OFF	
Child (3-12yrs)	\$18.76	\$168.57	\$14.05	\$0.46
Youth (13-17yrs)	\$26.51	\$238.77	\$19.90	\$0.65
Adult (18-59yrs)	\$42.68	\$426.59	\$35.55	\$1.17
Senior (60-69yrs)	\$32.01	\$287.95	\$24.00	\$0.79
Super Senior (70+yrs)	\$16.01	\$143.98	\$12.00	\$0.39

## CORPORATE MEMBERSHIP FEES

Once your company has been added to our Corporate Membership List, employees will be able to choose a discounted membership plan for themselves and their partner/spouse. Proof of employment will be required at the time of purchase. Contact Guest Services for more details at 780-778-3637 ext. 0 or [guestservices@whitecourt.ca](mailto:guestservices@whitecourt.ca)

**15% OFF**

	MONTHLY	ANNUAL	COST PER MONTH*	COST PER DAY*
Youth (13-17yrs)	\$28.16	\$253.69	\$21.14	\$0.70
Adult (18-59yrs)	\$45.36	\$453.26	\$37.77	\$1.24
Senior (60-69yrs)	\$34.02	\$305.95	\$25.50	\$0.84
Super Senior (70+yrs)	\$17.01	\$152.97	\$12.75	\$0.42

\*AVERAGES - FOR COMPARISON PURPOSES

ALL MEMBERSHIPS ARE NON-REFUNDABLE AND NON-TRANSFERABLE. ALL RATES INCLUDE GST WHERE APPLICABLE.

780-778-3637 ext. 0 for Guest Services

[guestservices@whitecourt.ca](mailto:guestservices@whitecourt.ca) | 58 Sunset Blvd. T7S 1N6 | Fax: 780-706-2483

Find us at  [facebook.com/MillarCentre](https://facebook.com/MillarCentre)  [allanjeanmillarcentre](https://allanjeanmillarcentre.com)  
or visit us at [www.whitecourt.ca](http://www.whitecourt.ca)





## REGISTRATION RULES

All registrations will be accepted by phone, in person at the Allan & Jean Millar Centre or online at <https://rec.whitecourt.ca>

For your convenience, Course ID#'s have been listed for programs offered to ensure smooth and efficient registration.

- Registration online and over the phone can be paid by way of VISA/MASTERCARD/AMEX.
- Registrations are **NOT** accepted without payment.
- The registration deadline for all programs is seven days prior to the start date, unless otherwise advertised.
- If a program is cancelled by the Town, registrants will receive a full refund.

- If a participant withdraws fifteen (15) days or more prior to the registration deadline, a full refund will be issued.
- A refund, less an \$10.50 administration fee will be issued if a participant withdraws up to fourteen (14) days prior to the registration deadline.
- A prorated refund, less a \$10.50 administration fee, will be issued for medical reasons (with a doctor's note).
- The registration fee is non-refundable if withdrawn after the registration deadline.

- The Town reserves the right to cancel, combine or divide classes due to insufficient registration. Participants are given the opportunity to transfer to another class, if space is available.
- Instructors are subject to change without notice.
- The Town reserves the right to remove any person for behaviour such as bullying, fighting or foul language.
- Make-up classes are not provided due to unforeseen occurrences such as power failure, patron error, etc.

Visit <https://rec.whitecourt.ca> for up-to-date information on schedules.

## PERKS OF BEING A MEMBER

- Over 15 complimentary fitness classes each week.
- Members eligible for early registration for courses and events.
- 15% OFF all Allan & Jean Millar Centre programs.
- Complimentary public skating and shinney hockey at JDA Place when available.
- FREE use of the fieldhouse, pool, track, squash court, Go Active Zone, and fitness areas.
- Option to have your annual membership put on HOLD for one month. (₹5.25 fee will be applied)
- Free orientation to the Pembina Fitness Centre.



## FACILITY HOURS

Monday-Friday 5:30am-10:00pm  
Saturday & Sunday 9:00am-9:00pm

This facility has planned maintenance periods throughout the year. The shutdown period varies by amenity depending on the work to be done. Reduced schedules and activities may occur in some areas; other areas may be closed completely. This shut down period is built into the price of the membership fee and no refunds or extensions will be given. Please watch for facility signage. Must be 16 years of age to use the Pembina Fitness Centre or 13 years of age with Weight Training for Teens certification.

## HOLIDAY HOURS AND CLOSURES

May 20	Victoria Day	Facility	9:00am-9:00pm	July 1	Canada Day	Facility	9:00am-9:00pm
May 25 and 26	Special Event	Full Fieldhouse	Closed All Day	August 5	Heritage Day	Facility	9:00am-9:00pm
June 8	Swim Meet	Aquatic Centre	10:00am-8:00pm	August 9, 10, 11	Special Event	Fieldhouse 1 and 2	Closed All Day
	Special Event	Fieldhouse 1 and 2	9:00am-6:00pm				

**REGISTRATION IS ONGOING. REGISTER EARLY TO AVOID DISAPPOINTMENT.**

**Fee Assistance is available for Town of Whitecourt & Woodlands County residents in financial need. Please contact Guest Services at 780-778-3637 ext. 0 or [guestservices@whitecourt.ca](mailto:guestservices@whitecourt.ca)**

**OUR FACILITY IS WHEELCHAIR ACCESSIBLE.**

# ALLAN & JEAN MILLAR CENTRE



## RECREATIONAL FEE ASSISTANCE PROGRAM

### How do I apply?

- Complete an application form
- Applicant must live within Town of Whitecourt or Woodlands County limits
- Applicant will pay an affordable portion of the membership fee
- Applicant may apply for funding for a three-month membership per session (there are four sessions per year: Spring, Summer, Fall and Winter)
- Please return completed application form to the Allan & Jean Millar Centre
- Proof of income is required

### Approved Applicants have access to:

- Complete Projects Fieldhouse
- Pembina Gas Infrastructure Aquatic Centre
- Rotary Running Track
- Alberta Newsprint Company Squash Court
- McDonald's Whitecourt Go Active Zone
- Pembina Fitness Centre



Application forms are available for pickup at the Allan & Jean Millar Centre Guest Services desk.

### CANADIAN RED CROSS

# STAY SAFE



Real-world scenarios often call on children to respond to challenges. The Stay Safe program teaches applicable and age-appropriate skills, while increasing and reinforcing a youth's capacity to improve their own safety. Whether in their community or on their own, this group will be given tools to Stay Safe in a variety of different situations. Prerequisite: 9 years or completion of grade 3.

**June 2**

**10:00am-4:00pm**

**Sunday**

**Registration deadline: May 26**

**Course ID#: 9169**

**July 8**

**10:00am-4:00pm**

**Monday**

**Registration deadline: July 1**

**Course ID#: 9262**

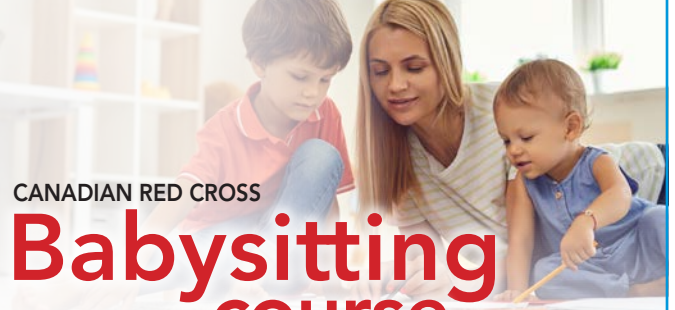
**Member: \$45.00 Retail: \$51.75**

Visit <https://rec.whitecourt.ca> for up to date info on courses and schedules.



### CANADIAN RED CROSS

# Babysitting course



The Babysitting Course, refreshed and revised, now has a greater emphasis on First Aid skills. The Canadian Red Cross Babysitting Course covers everything from managing difficult behaviours to essential content on leadership and professional conduct as a babysitter. Babysitting promises to deepen and enhance the responsibility that older youth feel when caring for younger children. This updated curriculum, complete with new science, also provides improved learning when it comes to giving the appropriate care in the event of an emergency.

Prerequisite: 11 years or completion of Grade 5

**July 4 to 5**

**Thursday to Friday**

**1:00pm-5:30pm**

**Registration deadline:**

**June 26**

**Course ID#: 9261**

**July 10 to 11**

**Wednesday to Thursday**

**1:00pm-5:30pm**

**Registration deadline:**

**July 3**

**Course ID#: 9162**

**Member: \$55.00 Retail: \$63.25**

Visit <https://rec.whitecourt.ca> for up to date info on courses and schedules.







# PARTY WITH US!

Bring your family, friends or co-workers to the Allan & Jean Millar Centre to celebrate your next get-together. It could be a birthday or team party. Whatever the occasion, we will make it an easy and an enjoyable experience for all.

**BASE RATE: \$104.21**

The Base Rate includes a 2-hour space rental and All-Access passes on the day of your booking for up to 25 guests.

**ADD-ONS:**

**FACILITATED PARTY \$67.74**

Spend an hour with one of our great Party Leaders! Facilitated parties can accommodate up to 25 participants (parents and siblings included).

**CONTACT US FOR AVAILABLE DATES!**

Popular themes are:

- Crazy Science
- Amazing Art
- Nerf Mania



**BUILD THE PARTY THAT BEST FITS YOU!**



**BOUNCY CASTLE AND SLIDE**

\$130.26/hour

- Available on the following weekends: June 22/23, July 27/28, August 17/18

**50' INFLATABLE OBSTACLE COURSE THE "TIM HORTONS DOUBLE DOUBLE"**

\$130.26/hour

- Available on the following weekends: June 1/2, July 13/14, August 24/25

**GIANT GAMES!**

Add giant checkers, chess, Jenga, Snakes & Ladders, or Kerplunk to your party! \$20.84/game or 3 games for \$52.52

Additional space rental, set up time, and large group rates available.

Please contact Guest Services at the Allan & Jean Millar Centre to build your party or for more information.

**Please note that specialty parties (Inflatable and Facilitated) require booking two weeks in advance of party date to ensure staffing.**

# RECREATION PROGRAMS

## OUTDOOR PICKLEBALL

Want to get outside for some pickleball? We have you covered! A portable net is available through the Allan & Jean Millar Centre and a pickleball court is ready and waiting at Percy Baxter School. Want an option up the hill? We also have pickleball courts set up at the tennis court by the Carlan Services Community Resource Centre.



Start date is weather dependent.

Portable Net Lending requires a \$25.00 damage deposit for non-members and FREE for members. Contact bookings at 780-778-3637 ext. 402 for information on booking a portable net.

## LEADER IN TRAINING PROGRAM

### ROTARY SUMMER TOTALLY UNPLUGGED PROGRAM

Do you want the chance to play while you build your work experience, develop your leadership skills and make a real difference in the life of a child? Join our awesome staff this summer for our Rotary Unplugged Summer Day Camp!

Volunteers will be responsible to assist the program staff with:

- providing a positive, safe and welcoming environment
- implementing arts/crafts, games and physical activities
- interacting with the children and youth while being a positive role model
- **MOST OF ALL HAVING FUN WITH THE KIDS!**

This opportunity is for youth 13 - 15 yrs.



Submit your cover letter & resume by Monday, June 10 at 4:00pm to:

Recreation Coordinator  
Allan & Jean Millar Centre  
58 Sunset Blvd  
780-778-3637



# Complete Projects Fieldhouse Programming

NO EXPERIENCE NECESSARY!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00-11:00am ALL AGES	Pickleball Skill Development	Pickleball			
3:45-5:00pm AGES 12-17	Youth Drop-In Badminton	Youth Drop-In Ball Hockey	Youth Drop-In Basketball	Youth Drop-In Volleyball	Youth Drop-In Multi-Sport
8:00-10:00pm AGES 18+	Adult Drop-In Badminton &/or Pickleball	Adult Drop-In Indoor Soccer	Adult Drop-In Basketball	Adult Drop-In Volleyball &/or Pickleball	Adult Drop-In Multi-Sport



\*Please note that this schedule is subject to change due to programs and events.

Members: FREE Youth: \$3.00 Adult: \$4.48





# REGISTERED RECREATION PROGRAMS

## NCCP FUNDAMENTAL MOVEMENT SKILLS COURSE

Learn to improve the fundamental movement skills in participants through the National Coaching Certification Program Fundamental Movement Skills Workshop! This workshop is suited to any person working with participants who wish to improve their fundamental movement skills. These skills need to be learned prior to fundamental sport skills. When participants learn fundamental movement skills, they have a choice to participate in a wide range of other activities.  
**Min. 10/Max. 20.**

**Sunday, June 9**

10:00am-3:30pm

Ages 15+

Allan & Jean Millar Centre

Fee: \$50.00

Registration deadline: May 31 at 4:00pm

Register online: <https://thelocker.coach.ca/event/delivery/10586>  
or [albertasport.ca/coaching](http://albertasport.ca/coaching)

## HIGH FIVE: PRINCIPLES OF HEALTHY CHILD DEVELOPMENT

This half-day training session will help front-line leaders (anyone working with children aged 6-12, ie. camp counsellor, coaches, swim instructors) improve the quality of programs. Leaders learn activities and gain knowledge, tips and resources to enhance their programs, as well as their relationships with children and other staff members. Topics also include: child development, bullying, conflict resolution, physical literacy, and children's mental health.  
**Min. 5/Max. 12.**

**Thursday, July 4**

12:30-4:30pm

Ages 13+

Allan & Jean Millar Centre

Fee: \$100.00

Course ID#: 9303



To register, call 780-778-3637 or email [guestservices@whitecourt.ca](mailto:guestservices@whitecourt.ca).

# RECREATION PROGRAMS

Rotary  
Club of Whitecourt



## ROTARY SUMMER TOTALLY "UNPLUGGED" PROGRAM



Back by popular demand, this summer program will keep you moving, outdoors and active all summer long! Based at Festival Park, our fun leaders will guide you through crafts, games, scavenger hunts, sports and all kinds of other good stuff. In the case of bad weather, we'll move the program up to the Allan & Jean Millar Centre so the fun never stops! The goal of this program is to keep our kids involved, active and confident in their physical abilities as they grow up in this electronics-filled world. **Min.8/Max.30**



**Days: Monday-Friday (unless otherwise specified)**  
**Session Times: 9:00am-12:00pm or 1:00-4:00pm**  
**Ages: 6-12 years**



**\*NEW!**

Week 5 full day camp.  
Runs Tuesday through  
Friday, 9:00am-4:00pm  
Fees: \$110.00/week and  
includes a field trip!

### WEEKS OF PLAY:

- Week 1: July 8-12
- Week 2: July 15-19
- Week 3: July 22-26
- Week 4: July 29-August 2
- Week 5: \*August 6-9
- Tuesday-Friday, full day camps
- Week 6: August 12-16
- Week 7: August 19-23

*Fee: \$12.00/session or \$30.00/week rate  
for all mornings OR all afternoons.*

*Pre-registration required at the  
Allan & Jean Millar Centre*



# Rotary 2.0

## ADVENTURE CAMP

AGES: 10-14 Years



Want something exciting to do this summer?

Get outside, get active, get involved in your community, and challenge yourself!

**SESSIONS:** Monday - Friday 1-4pm

**FEE:** \$12/session or \$30/week

Pre-registration is required. Call the Allan & Jean Millar Centre at 780-778-3637 or go to <https://rec.whitecourt.ca> to register.



## WEEKS OF PLAY

### July 8-12 Millar Centre Madness / Allan & Jean Millar Centre

Kick off summer with a fun-filled week at the Allan & Jean Millar Centre! We will go swimming, play dodgeball, nerf wars, make snacks, Perler bead creations, and much more!

### July 15-19 Biking Around Town / Festival Park

We will be exploring Whitecourt on wheels and visiting fun locations in town. Count on a Slurpee pit stop, bike maintenance 101, and round of mini golf this week! Helmets and bikes with working brakes are required for this week, bike locks recommended.

### July 22-26 Creative Chaos / Allan & Jean Millar Centre

Calling all art-lovers: time to let your creative spirit shine! This week will be full of arts-focused activities, including a couple DIY projects, watercolour painting, cookie decorating, introduction to performing arts, and at least one slime recipe!

### July 29-August 2 Summer Olympics / Festival Park

In celebration of the 2024 Summer Olympics happening in Paris, France, we will explore a variety of sports, learn about Olympic history, and discover French culture. One day this week we will team up with the Unplugged Camp to host our own mini-Olympics!

### August 6-9 Community Spirit / Allan & Jean Millar Centre

Learn about all that Whitecourt has to offer, and feel more connected to your community! This week we will try out local volunteering opportunities, spend an afternoon at the Skate Park, and embark on a town-wide scavenger hunt using Transit. \*No camp on Monday, August 5.

### August 12-16 Outdoor Adventures / Festival Park

This week we will be exploring the great outdoors! Look forward to geocaching and capture the flag in the forest, add some bush craft skills to your toolbox, cool off in the River Slides, try fishing in Festival Park Pond, and a few extra fun surprises!

### August 19-23 Trail Biking Week / Forest Interpretive Centre

Bike-lovers unite! Starting at the Forest Interpretive Centre, we will be exploring different trails around Whitecourt, challenging ourselves, and making a few fun stops along the way. Helmets and bikes with working brakes are required for this week.

## RECREATION PROGRAMS

**June 1-30**

## What is the Community Challenge?

The ParticipACTION Community Challenge is a national physical activity and sport initiative that encourages everyone in Canada to get active throughout June in search of Canada's Most Active Community.

# Together we move!

## Help Whitecourt win \$100,000 in June.

### How to participate?

This year, the focus is on engaging as many people and organizations as possible in Whitecourt. There are no set parameters on how intense or long your activity needs to be. From an afternoon office fit break to your ball team's practice, we want you to track it all!

Organizations can track their physical activity initiatives along with the number of participants that took part in each one throughout the month of June. The more activities and participants that are tracked, the higher Whitecourt's score.

Contact the Recreation Coordinator at 780-778-3637 ext. 421 with any questions or to see how to get involved.



[www.whitecourt.ca](http://www.whitecourt.ca)

## Watch for more activities in June!

**4** 2024  
RUN FUN

### June 1 Get started and get counted!

Register for Run 4 Fun taking place on June 1 in Whitecourt.



*Tim Hortons*

# COMMUNITY FUN NIGHT

5:30-8:30

Everyone is welcome to join in! Check out our fun and FREE Fieldhouse activities at the Allan & Jean Millar Centre. Our inflatable obstacle course "The Tim Hortons Double Double" will be up and ready to go for all Tim Hortons Community Fun Nights!



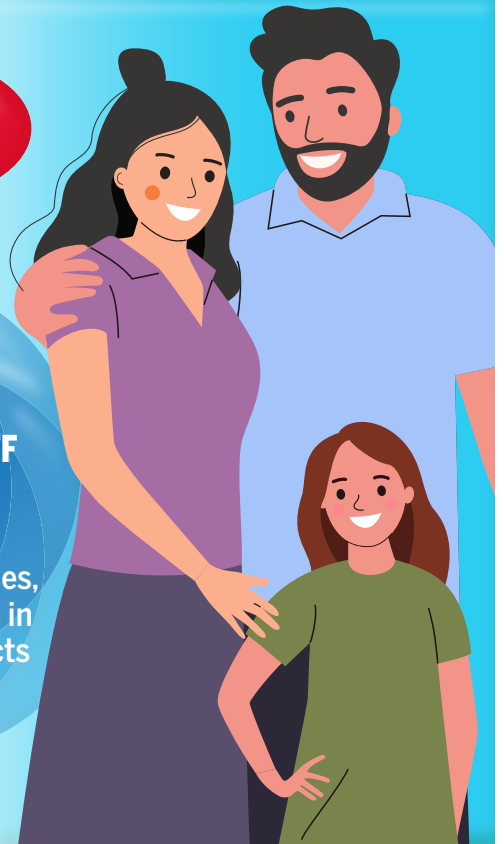
**CHILDREN UNDER 8 MUST BE ACCOMPANIED BY AN ADULT.**

FREE

JUNE 1

## SUMMER KICK-OFF CELEBRATION!

Let's get summer started with fun games, crafts, and activities in the Complete Projects Fieldhouse.



# Pride Celebration and BBQ

JOIN US AT FESTIVAL PARK FOR A FREE BBQ, CRAFTS, AND ACTIVITIES TO CELEBRATE THE 2SLGBTQ+ COMMUNITY IN WHITECOURT. MEMBERS OF THE COMMUNITY, ALLIES, FRIENDS, AND FAMILY OF ALL AGES ARE INVITED TO THIS FREE EVENT. LOCAL RESOURCES AND INFORMATION WILL ALSO BE ON HAND THROUGH VARIOUS COMMUNITY ORGANIZATIONS.

FRIDAY, JUNE 7 ☀️ 4:00PM-7:00PM ☀️ FESTIVAL PARK





# FCSS PROGRAMS



## **SKATE JAM '24** Freestyle Community Jam

**Partnering with the Alberta Action Sports Association**



**SATURDAY, JUNE 22**  
**1-4PM**

**BYO - SKATEBOARD, BMX, MOUNTAIN BIKE, OR SCOOTER**

**FREE GIVEAWAYS AND PRIZES!**

**HELMETS MANDATORY**

**SPECTATORS WELCOME!**

Highway 43 and Pine Road Skate Park - Whitecourt

**FREE YOUTH event with free BBQ for AGES 8-17**

REGISTER

# CAMP Why Try

Calling all youth ages 11-14!

Camp Why Try is an interactive, skill building program that is designed to equip, motivate, and support teens to navigate through life's ups and downs. This facilitated program helps participants build resilience by improving self-confidence and decision making skills. Why Try has proven to decrease the influence of bullying, peer pressure, academic drop out, and high risk behaviours in youth.

This camp is open to anyone whether you have taken the Why Try program before or not. Our camp incorporates games, crafting, and fun activities to teach and refresh the concepts of Why Try. This is a FREE program and healthy snacks are provided. Public transit can be arranged as needed.

*This program is funded in part by Woodlands County. To register, Woodlands County residents must reside in Electoral Districts 2, 3, 4.*

July 9-11 • 10:00am-12:30pm  
Allan & Jean Millar Centre  
Ages 11-14  
Course ID#: 9189

For more information, contact the Youth Development Coordinator, Emma Harper, at 780-706-0202 or emmaharper@whitecourt.ca



# Skate Park Pop Up Parties

**FREE**  
program  
for ages  
8-17

Stop by the Skate Park every Thursday after school in June leading up to our Skate Jam on Saturday, June 22!

**Music, activities, snacks, and prizes!**

**Thursdays 3:30-5:30pm**  
June 6    June 13    June 20

In the case of bad weather, join us in the Allan & Jean Millar Centre Fieldhouse.

Brought to you by:

**DOORS  
→ OPEN**  
YOUTH PROGRAM



<https://rec.whitecourt.ca>





# FCSS PROGRAMS



**YOUR KIDS CAN HAVE  
A SPORTING CHANCE TOO.  
APPLY TODAY**

To see how we can help your kids with registration, equipment and transportation for local recreation, call 1-877-616-6600 or online [www.jumpstart.canadiantire.ca](http://www.jumpstart.canadiantire.ca)



We believe that no kid should be left on the sidelines and ALL should be given the opportunity to experience the positive benefits of organized sports.

KidSport™ provides support to children in order to remove financial barriers that prevent them from playing organized sport.

**780-706-0202**

**[www.kidsport.ab.ca](http://www.kidsport.ab.ca)  
To apply or donate**

**REGISTER**

## Find Your **FIRE**

### Resilience for Youth Program

How do you handle challenges and set backs in life, how do you fight on when you have every reason to shut down? From the creators of Why Try, the Resilience for Youth program introduces youth to the sources of resilience to increase their ability to thrive. Youth will learn how to tap into these sources when they encounter failures, adversity, and the fears of daily life.

Get ready to spend time both indoors and outdoors having camp outs, exploring nature trails, and playing games all while learning the concepts of this program. This is a FREE program and healthy snacks are provided. Assistance with transportation can be arranged as needed.

*This program is funded in part by Woodlands County. To register, Woodlands County residents must reside in Electoral Districts 2, 3, 4.*

**August 20-22  
10:00am-12:30pm  
Forest Interpretive Centre  
Ages 11-14  
Course ID#: 9190**



For more information, contact the Youth Development Coordinator, Emma Harper, at 780-706-0202 or [emmaharper@whitecourt.ca](mailto:emmaharper@whitecourt.ca)





# MEET OUR In-School Mentors!

Did you know that the Town of Whitecourt, in partnership with local schools, offers a volunteer in-school mentorship program?

We are always looking for new mentors that want to make a difference in the life of a child in our community!

For more information contact Emma Harper at 780-706-0202 or emmaharper@whitecourt.ca. [www.whitecourt.ca](http://www.whitecourt.ca)



## EMMA



Join our awesome team of volunteers and act like a kid again!

**Where and what grade do you currently mentor?** École St. Anne School, Grade 3  
**How long have you been a mentor?** This is my first year.

**Why did you decide to become a mentor?** I really enjoy working with kids and acting like a kid; playing games, doing crafts, and just being silly. This is a great way to do something I love, make a difference, and take time out of my, many times chaotic, day to spend some time being in the moment.

**What do you enjoy most about mentoring?** I never know what my mentee will want to do that day, and it's always so fun to see what they come up with. I love that they get a chance to lead the activities, and I am along for the ride as a supportive role model.



## JENNIFER



**Where and what grade do you currently mentor?** Pat Hardy School, Grade 1  
**How long have you been a mentor?** This is my second year.

**Why did you decide to become a mentor?** I gave up my teaching career since I moved to Canada but that doesn't mean I stopped loving kids and wanting to spend time with them. I was lucky to have my wonderful grandma who was my mentor and guided me into who I am today. I know that it is really important when kids have a good family and friends... who teach them good lessons that they will remember forever. I want them to know that you always treat people the way you want to be treated!

**What do you enjoy most about mentoring?** I enjoy every single visit with my mentee. It reminds me how fun kids are, and they always surprise me with their thoughts and stories. Mentoring also reminds me that there are no bad kids. You just need to spend time with them to understand what they think and their story and give them some respect, that's all.



# THEY'RE BACK FOR 2024!

Meet up with neighbours at your local park. Pack your lawn chair and enjoy a free BBQ.

2024 KICK-OFF PARTY!

**Southland Park**  
2 Park Drive  
Wednesday, June 19  
5:30-7:30pm

**Wagoner Park**  
5500 Wagoner Crescent  
Wednesday, July 17  
5:30-7:30pm

**Percy Baxter Playground**  
101 Mink Creek Road  
Wednesday, August 21  
5:30-7:30pm

Brought to you by:



Neighbourhood fun all summer long!

whitecourt.ca

# FCSS PROGRAMS

## SENIORS' WEEK JUNE 3-8 2024



Seniors' Week is the perfect opportunity to acknowledge and celebrate the contributions seniors and elders have made in our community. Registration is required for some of the events. To register call the Allan & Jean Millar Centre at 780-778-3637 ext.0.

### Monday, June 3

#### Kick Off Pancake Breakfast 9:00-10:30am FREE

Seniors Circle / Drop in  
Donated by the Rotary Club of Whitecourt.

#### Intergenerational Lego Cart Race

##### 1:00-3:00pm FREE

Seniors Circle / Drop in  
Seniors team up with youth in groups of two to create a cart made of Lego. After 15 minutes, teams will race their carts against the clock. Prizes awarded for fastest, and most original creation. All materials supplied.  
Races will be followed by ice cream sundaes with students.

### Tuesday, June 4

#### Blooming Tour 10:00am 65+ FREE

Departing from the Allan & Jean Millar Centre  
Cruise by some of Whitecourt's best kept yards on the Dial-A-Bus. Space is limited, registering early is recommended.

**Registration required. ID #9308**

#### BINGO Doors Open 5:00pm, Games Start 6:45pm

Seniors Circle / Drop in  
Community BINGO is hosted by the Whitecourt Seniors Circle and runs throughout the year; with the exception of July and August.  
Cost varies.

### Wednesday, June 5

#### Sharing History 10:50am FREE

Percy Baxter Middle School / Drop In  
A panel of local seniors will be sharing with local youth their experiences growing up. This is an initiative hosted by the Youth Advisory Committee.

#### Show & Shine 5:30pm FREE

A & W Restaurant Parking Lot / Drop In  
Local car enthusiasts will display their vehicles and talk shop. Stop in for a coffee and check out some fab rides.

### Thursday, June 6

#### Intergenerational Cook Off FREE

##### Drop Off 3:30-4:30pm

Judging Begins 5:00pm (closed to panel only)

##### Dinner 6:30pm

Seniors Circle

Seniors are encouraged to join up with a youth (under 18) in their life to create their best chili or baked good item. Items will be submitted for judging by a panel of youth and adults. Afterwards everyone is invited to stay to enjoy the items. Dinner will be supplemented by catering.

**Registration required. Team registration ID #9311**

**Dinner registration ID #9312**

### Friday, June 7

#### Nature Walk 9:30-10:30am FREE

Carson Pegasus Provincial Park

Meet up at Carson Pegasus Provincial Park to enjoy a walk through the trail system. Walking poles will be supplied. Walks will be led by Whitecourt Staff.

**Registration required. ID #9309**

#### Understanding 2SLGBTQ+ 2:00-3:30pm FREE

Seniors Circle / Drop in

This information session will provide you with a better understanding of the acronym. This session will be facilitated by Ron Byers, a community leader and part of developing Aging with Pride Program and the Edmonton Pride Seniors Group.

After this session, the community Pride BBQ will be held at Festival Park from 4-7pm. People are encouraged to make their way down to the Park to enjoy our local Pride Celebration.

### Saturday, June 8

#### Dinner & Entertainment Doors Open 5:00pm,

#### Dinner 6:00pm, Entertainment 7:00-9:00pm

Seniors Circle

Sit back and be taken back with tunes from the 60s & 70s. Register for this evening of dinner and entertainment by DJ Warkentin "My Old Radio - the AM Experience".

Dress up for your chance to win a door prize for best costume.

Cost: 65+years \$10.00 / 18-65 years \$25.00.

**Registration required. ID #9310**

**Watch for Seniors' Week Brochure**  

[whitecourt.ca](http://whitecourt.ca)





# Understanding Parental Controls

Tuesday, September 24  
7:00-8:30pm

Allan & Jean Millar Centre,  
Crown & Anchor Board Room

This information session is delivered in partnership with Norquest Community Learning, and will be a basic introduction on the privacy settings in the four popular social media platforms; Instagram, Facebook, TikTok, and Snapchat.

Course ID#: 9306



## Seniors' Lunch & Learn Elder Abuse and Scams

Monday, July 22 | 11:30am-1:30pm

The goal of this information session is to raise awareness of the different types of elder abuse and financial scams; and, provide knowledge and resources to seniors to help prevent both.

Course ID#: 9307  
Location: Eagle River Casino & Travel Plaza  
Cost: \$5.00



A great opportunity to promote your sport group or nonprofit group's upcoming programs. Families or individuals are provided this time to come out and discover what Whitecourt has to offer you and your family.

Thursday, August 29  
6:00-7:30pm

Register online or call 780-778-3637 ext. 0 to reserve a table.  
Table \$10.00 | Table with power access \$15.00  
Power Access Table Course ID#: 9305  
Non-Power Access Table Course ID#: 9304



# FCSS PROGRAMS

## HUNGER DAY

### FOOD DRIVE & BBQ

# SATURDAY MAY 25

### DROP IN AT THE FOOD BANK

11:00am-3:00pm

Sponsored by  


WHITCOURT  
**Food Bank**  
COMMUNITY HELPING COMMUNITY

### HOURS OF OPERATION

Monday  
 Wednesday  
 Friday  
 11:00am to 2:00pm  
*Last intake at 1:45pm*

### NEW EVENING HOURS

Second Thursday of the month  
 5:00 to 8:00pm  
*Last intake at 7:45pm*

### LOCATION

76 Sunset Blvd in the Carlan Services Community Resource Centre  
 Call 780-778-2341  
[www.whitecourt.ca](http://www.whitecourt.ca)



### TO ACCESS THE FOOD BANK

- Identification must be presented for each family member at every visit.
- Proof of residency is required, for every visit.
- 6 fills / year

The Food Bank also provides families with referrals to other community resources.

# new hope

youth ages 13-17

## Shaping Futures for Positive Decision Making


Topics include, but are not limited to:

- Managing anger and other uncomfortable emotions
- Communicating effectively
- Recognizing healthy relationships
- Developing positive relationships
- Learning strategies to reduce stress
- Understanding how choices made today affect your future self

Snacks and lunch provided. Transportation available for those who require it.

Next Session:  
**August 21 & 22**

**Pre-registration is required.**  
 Call 780-778-6300




Proudly supported by:  




**Learn More ▶**

[whitecourtfvi.ca](http://whitecourtfvi.ca)



# new HOPE

FOR ADULTS


## Learning to Create Positive Healthy Personal Relationships Free of Violence and Abuse


2-Day Course for Men & Women


**Next Session: June 6 & 7**

Offered 4x per year.  
 Call 780-778-6300


**Learn More ▶**



Proudly supported by:  




**whitecourtfvi.ca**




# roots


## Where Foundations Are Formed


### Building Resiliency in Children & Teens Who Have Witnessed Family Violence or Anger Related Issues

Programs for Ages 8-17  
 Pre-registration is required.  
 Call 780-778-6300


**Learn More ▶**



Proudly supported by:  




**whitecourtfvi.ca**





**2024  
NATIONAL  
INDIGENOUS  
PEOPLES DAY**

Journée nationale des  
peuples autochtones

**FRIDAY** vendredi  
**JUNE 21**  
**21 JUIN**

**FAMILY  
DANCE**  
dance en famille

7:00-9:30pm  
Allan & Jean Millar Centre  
Live Music by Métis Country  
Spotlight Dance Prizes  
Snacks Provided

Celebrate the unique cultures of  
Canada's First Nations, Metis and  
Inuit peoples. *Célébrez les cultures  
uniques des Premières nations, des  
Métis et des Inuits du Canada.*



<https://rec.whitecourt.ca>



# FAMILY SUPPORT PROGRAMS



## WHITECOURT & AREA Family Support PROGRAM (FSP)

### DIVERSION SERVICES

Free, accredited, family centred, solution-focused counselling and family support for families with youth aged 7-18 years of age in Whitecourt and throughout the SPARK FRN including Swan Hills, Valleyview to Onoway and all the summer villages in between.

### SUPPORTS INCLUDE

- Parenting skills
- Conflicts in family relationships
- Coping with separation/divorce/family changes
- Communication
- Anxiety/depression
- Grief and loss
- Aggressive behaviour
- Adolescent issues
- Self-esteem

Families can *self-refer* to the program or be referred from a supporting agency. Service can be arranged by contacting the Family Support Program Team Lead by phone: 780-778-8755, or email: michellerobinson@whitecourt.ca



@WhitecourtAreaFamilySupportProgram part of the SPARK FRN (Supporting Parents and Alberta's Rural Kids Family Resource Network)



## Kids in Action

DROP IN

Bring your little ones to participate in a variety of high energy games and free play. This parented program is suited for children walking to 6 years of age.

**Tuesdays 9:30-10:30am**  
**June 4 -25**

## Beat the Heat

DROP IN

We have it made in the shade... with air conditioning! Join our staff each week for a new 'Beat the Heat' indoor adventure (and some program favorites) as we foster opportunities to build your child's fine motor, gross motor and social skills. Suited for children walking to age 6.

**Tuesdays 10:00-11:00am**

<p><b>Kids in Action</b> July 9</p> <p><b>Musical Munchkins</b> July 23</p> <p><b>Dino Fun</b> August 6</p> <p><b>Under the Sea</b> August 20</p>	<p><b>Crazy About Bugs</b> July 16</p> <p><b>Creative Chaos</b> July 30</p> <p><b>Tents &amp; Tunnels</b> August 13</p>
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DROP IN

## Lunch & Learn

Join us once each season for your mid-day meal, and to meet other parents, as we expand your understanding and confidence on various topics featuring local community presenters. Limited childcare for ages 0-6 years of age. Lunch is provided.

#Time to Play

**Wednesdays 11am-12:30pm**  
**June 12**

WATCH FOR UPDATES ON FACEBOOK



@WHITECOURTAREA FAMILY SUPPORT PROGRAM



PHYSICAL HEALTH & WELL-BEING



SOCIAL COMPETENCE



EMOTIONAL MATURITY



LANGUAGE & THINKING



COMMUNICATION SKILLS & GENERAL KNOWLEDGE





# PEMBINA FITNESS CENTRE

## COMPLIMENTARY FITNESS CLASSES FOR MEMBERS

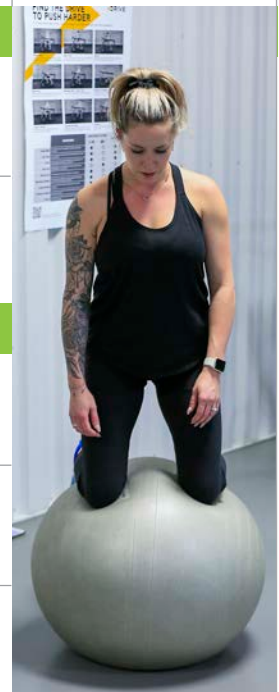
NO CLASSES AUGUST 5

CLASSES SUBJECT TO CANCELLATION DUE TO LOW ATTENDANCE



SESSION 1 CLASSES RUN MAY 21-JUNE 21 | SESSION 2 CLASSES RUN JULY 2-AUGUST 30

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING	<b>Early Bird H2O</b> 6:15-7:00am Session 1	<b>Outdoor Bootcamp</b> 6:00-6:50am Session 2	<b>Early Bird H2O</b> 6:15-7:00am Session 1	<b>Outdoor Bootcamp</b> 6:00-6:50am Session 2	
	<b>Water Warriors</b> 9:00-10:00am Session 1 & 2	<b>Body Blast</b> 9:15-10:00am Session 1	<b>Water Warriors</b> 9:00-10:00am Session 1 & 2	<b>Body Blast</b> 9:15-10:00am Session 1	<b>Water Warriors</b> 9:15-10:00am Session 1
		<b>Rhythm Revolution</b> 9:30-10:15am Session 2	<b>Adaptive Fitness</b> 10:00-10:45am Session 1	<b>Shred 45</b> 9:30-10:15am Session 2	
AFTERNOON		<b>Gentle Water Fitness</b> 12:00-12:45pm Session 1		<b>Gentle Water Fitness</b> 12:00-12:45pm Session 1	
	<b>Shred Express</b> 12:15-12:45pm Session 1	<b>Shred Express</b> 12:15-12:45pm Session 1 & 2	<b>Shred Express</b> 12:15-12:45pm Session 1 & 2	<b>Shred Express</b> 12:15-12:45pm Session 1 & 2	
EVENING		<b>Shred 45</b> 5:15-6:00pm Session 1		<b>Shred 45</b> 5:15-6:00pm Session 1	
		<b>Shred 45</b> 5:30-6:15pm Session 2	<b>Rhythm Revolution</b> 5:30-6:15pm Session 2		
	<b>Total Body Tabata</b> 7:00-7:45pm Session 1		<b>Yoga Core</b> 7:00-7:45pm Session 1 & 2	<b>Movement &amp; Stretch</b> 7:00-7:45pm Session 1	



## WATER FITNESS

### EARLY BIRD H2O

A class for those who want to start their day off right with a full-body workout! This is a fun aqua class that focuses on improving muscular strength and endurance by using a variety of equipment. We're usually in the shallow end or the lazy river (but we're not lazy!). No swimming skills required. Max.20 All Levels

Session 1  
**Mondays, Wednesdays**  
6:15-7:00am

### GENTLE WATER FITNESS

This aquatic exercise class is designed to meet the needs of people who have health conditions resulting in pain and dysfunction when participating in land based fitness activities. This class is a low impact 45-minute class that focuses on enhancing mobility, muscle strengthening, and increased range of motion. The class is ideal for orthopedic, arthritis, hypertension, and joint replacement conditions and for those who have weakness and/or physical limitations. Takes place in the Leisure Pool (warmer water). Beginner

Session 1  
**Tuesdays, Thursdays**  
12:00-12:45pm

### WATER WARRIORS

This aqua class is a full body workout focusing on functional fitness in a supportive environment. The joint friendly exercises help to improve cardio, muscular strength and endurance and range of motion. Classes are conducted in both chest-deep and deep water (options will be given for both) and are suitable for all levels of fitness. Max.20 All Levels

Session 1  
**Mondays, Wednesdays**   
9:00-10:00am


**Fridays**   
9:15-10:00am

Session 2  
**Mondays, Wednesdays**   
9:00-10:00am

## LAND FITNESS

### ADAPTIVE FITNESS

This group class is tailored to individuals with disabilities and the workouts are designed to the needs of individuals. These workouts include cardio, strength training, core work, Pilates and stretching. All Levels


Session 1  
**Wednesdays**   
10:00-10:45am



<https://rec.whitecourt.ca>

### BODY BLAST

Strengthen and tone every muscle group in this energizing class. Challenge yourself with interval cardio components as well as strength and endurance exercises. All Levels

Session 1  
**Tuesdays, Thursdays**   
9:15-10:00am

### OUTDOOR BOOTCAMP

Enjoy a full-body workout in an outdoor setting! Body-weight exercises, sports drills, and conditioning intervals help you develop lean muscle and functional strength, while improving your core strength and cardiovascular endurance. Most classes will take place outside but is weather dependent. Please bring indoor and outdoor shoes. All Levels

Session 2  
**Tuesdays, Thursdays**  
6:00-6:50am

### SHRED EXPRESS


This class works your entire body with cardio, lower body, upper body and core exercises. This 30-minute experience is for those wanting a serious no-nonsense sweat. All Levels


Session 1  
**Mondays, Tuesdays, Wednesdays, Thursdays**  
12:15-12:45pm


Session 2  
**Tuesdays, Wednesdays, Thursdays**  
12:15-12:45pm

### SHRED 45

This class is a total body, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body, improve your endurance and clear your mind after your work day! All Levels

Session 1  
**Tuesdays, Thursdays**   
5:15-6:00pm

Session 2  
**Tuesdays**   
5:30-6:15pm

**Thursdays**   
9:30-10:15am

### TOTAL BODY TABATA™


Tabata + Group Fitness = Total Body Tabata! This workout is designed to torch fat, build muscle and get you fitter faster. All Levels

Session 1  
**Mondays**  
7:00-7:45pm

## CYCLE

### RHYTHM REVOLUTION

Combine cycling with rhythmic beats for a fun and energizing experience. All Levels

Session 2  
**Tuesdays**   
9:30-10:15am

**Wednesdays**   
5:30-6:15pm

## MIND-BODY

### MOVEMENT & STRETCH

Take time to relax and rejuvenate with some weekly self care. This class will focus on mobility and flexibility using gentle movements, stretching, basic yoga poses and rolling techniques to increase range of motion and release tight muscles. All Levels

Session 1  
**Thursdays**  
7:00-7:45pm

### YOGA CORE

This class will focus on increasing your core strength as well as focusing on improving your flexibility, balance and strength. All Levels

Session 1 & 2  
**Wednesdays**  
7:00-7:45pm

All classes 13+ unless otherwise stated

## FITNESS GUIDE

- BLUE** Aquatic Class
- RED** Land Class
- ORANGE** Cycle Class
- PURPLE** Mind-Body

 Child Mind available during this class





# PEMBINA FITNESS CENTRE

## REGISTERED FITNESS CLASSES



CLASSES SUBJECT TO CANCELLATION DUE TO LOW ATTENDANCE

Want to drop-in to one of our registered fitness classes? Class Passes are available for your convenience and flexibility!

**INDIVIDUAL: \$15.00**  
**10-PACK: \$135.00**

### CLASSES RUN MAY 21-JUNE 21

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING & AFTERNOON	<b>Outdoor Bootcamp</b> 6:00-6:50am	<b>Cycle 45</b> 6:00-6:45am	<b>Outdoor Bootcamp</b> 6:00-6:50am		
	<b>Step it Up!</b> 9:15-10:15am	<b>Stroller FIT</b> 10:30-11:15am	<b>Cycle 45</b> 9:15-10:00am	<b>Stroller FIT</b> 10:30-11:15am	<b>Cycle + Strength</b> 9:15-10:15pm
			<b>Weight Training for Teens</b> 10:00am-4:00pm July 3, August 28		<b>Cycle 30</b> 12:15-12:45pm
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
EVENING	<b>Cycle Strong</b> 5:30-6:20pm		<b>Pure Strength</b> 5:30-6:15pm		



## LAND FITNESS

### OUTDOOR BOOTCAMP

Enjoy a full-body workout in an outdoor setting! Body-weight exercises, sports drills, and conditioning intervals help you develop lean muscle and functional strength, while improving your core strength and cardiovascular endurance. Most classes will take place outside but is weather dependent. Please bring indoor and outdoor shoes. All Levels

**Instructor:** Annette Cartwright  
**Mondays, Wednesdays**  
**6:00-6:50am**  
**May 22 to June 19**  
**Course ID#:** 9137  
**Members:** \$65.34

**Retail:** \$75.15

### PURE STRENGTH

Burn more calories while you're NOT working out! Pack on the muscle to burn more calories all day long! We'll use a variety of equipment (weights, bands, gliders, TRX, the barre) to tone and sculpt your body with this strength workout. Get strong! All Levels

**Instructor:** Lauren Holloway  
**Wednesdays**   
**5:30-6:15pm**  
**May 22 to June 19**  
**Course ID#:** 9138  
**Members:** \$36.30

**Retail:** \$41.75

### STEP IT UP!

We've combined classic step moves with resistance training exercises to provide the ultimate workout targeting strength, cardio, and coordination. All Levels

**Instructor:** Amanda Anderson  
**Mondays**   
**9:15-10:15am**  
**May 27 to June 17**  
**Course ID#:** 9139  
**Members:** \$36.84

**Retail:** \$42.36

### STROLLER FIT

Have fun, get fit, and bond with your baby! Build strength, improve cardio, and get to know other moms and soon-to-be moms. All exercises are designed and modified specifically for pregnant and postnatal women. Stroller required. All Levels

**16+**

**Instructor:** Jolene Rarick  
**Tuesdays, Thursdays**   
**10:30-11:15am**  
**May 21 to June 20**  
**Course ID#:** 9140  
**Members:** \$72.60

**Retail:** \$83.50

**MUST BE 16 YEARS OF AGE TO USE PEMBINA FITNESS CENTRE OR 13 YEARS OF AGE WITH WEIGHT TRAINING FOR TEENS CERTIFICATE**

**SCHEDULE AND PROGRAMS SUBJECT TO CHANGE. Stay up to date by checking our website <https://rec.whitecourt.ca>**

**All classes 13+ unless otherwise stated**

## FITNESS GUIDE

**BLUE** Aquatic Class  
**RED** Land Class  
**ORANGE** Cycle Class  
**PURPLE** Mind-Body  
**TEAL** Teen Fitness



Child Mind available during this class



# PEMBINA FITNESS CENTRE



## CYCLE

### CYCLE 30

Welcome to this interval ride where we love throwing in anaerobic intervals and bursts of speed throughout the class. Although this class is designed to be both fun and challenging, riders of all levels are welcome to attend.  
All Levels

**Instructor:** Amanda Anderson

**Fridays**

**12:15-12:45pm**

**May 24 to June 21**

**Course ID#:** 9141

**Members:** \$32.00

**Retail:** \$37.00

### CYCLE 45

Elevate your fitness and pedal through hill climbs, sprints, and other drills in this 45-minute spin class that will leave you energized and sweaty. Lights off, sweat on!  
All Levels

**Instructor:** Amanda Anderson

**Tuesdays 6:00-6:45am**

**May 21 to June 18**

**Course ID#:** 9143

**Members:** \$36.30

**Retail:** \$41.75

**Instructor:** Krista MacKay

**Wednesdays**

**9:15-10:00am**

**May 22 to June 19**

**Course ID#:** 9142

**Members:** \$36.30

**Retail:** \$41.75

### CYCLE + STRENGTH

Cycle + Strength is a whole body class that mixes strength building and muscular endurance for an energizing, sweaty workout. We change up the arrangement, so you'll never get bored or plateau on your fitness journey!  
All Levels

**Instructor:** Krista MacKay

**Fridays**

**9:15-10:15am**

**May 24 to June 21**

**Course ID#:** 9145

**Members:** \$46.05

**Retail:** \$52.95

### CYCLE STRONG

This total body, heart pumping, non-stop to the beat workout has a little bit of something for everyone! It's rolling hills, sprints, climbs and surges with a body changing arm workout on the bike, and all to music hand-picked to motivate and inspire!  
All Levels

**Instructor:** Meagan Stanley

**Mondays**

**5:30-6:20pm**

**May 27 to June 17**

**Course ID#:** 9144

**Members:** \$29.04

**Retail:** \$33.40

All classes 13+ unless otherwise stated





**FREE**

## Fitness Centre Orientation

Meet with one of our Fitness Centre staff and get a tour of the Pembina Fitness Centre including proper use of equipment, etiquette and safety information.

To book your fitness orientation, contact our Pembina Fitness Centre desk at 780-778-3637 Ext 425.

### TEEN FITNESS

#### WEIGHT TRAINING FOR TEENS

All youth aged 13-15 years are required to take this standard course to use the Pembina Fitness Centre weighted equipment. Youth participate in a 5.5 hour in-class and practical session learning about weight training, specific exercises/techniques, gym etiquette and introduction to nutrition.

**Ages:** 13-15yrs  
**Instructor:** Ryan Vidad  
**10:00am-4:00pm**

**Wednesday July 3**  
**Course ID#:** 9146

**Wednesday August 28**  
**Course ID#:** 9147

**Members:** \$55.00      **Retail:** \$63.25

### PERSONAL TRAINING

#### YOUTH STARTER PACK

**Elevate Your Performance**  
 Do you want to train like an athlete - with commitment, enthusiasm, and ability to focus? The Youth Starter Pack is for youth aged 13-17 and is all about ensuring your body is in peak condition so you can perform to your full potential. Do you want to be more efficient, mobile, stronger, and able to produce more power? Youth will receive a personalized 4-week exercise program and personalized nutrition plan following a 2-hour session that includes goal-setting, an assessment, program design and equipment orientation with a Personal Trainer, and concludes with a 30-minute reassessment on Day 30. Please call the Allan & Jean Millar Centre to schedule your appointment.

**Weight Training for TEENS is a prerequisite for 13-15 year olds**

**Members:** \$120.00  
**Retail:** \$138.00

#### ADULT STARTER PACK

**Get fit. Get in gear. Get on with life.**  
 Whether you are brand new to fitness or looking to get back into a fitness routine, the Get in Gear- Adult Starter Pack is a great place to begin! This option is ideal for those individuals who want a tailored program for getting active and customized nutrition program to help you develop new healthy habits. You will receive a personalized 4-week exercise program and personalized nutrition plan following a 2-hour session that includes goal-setting, an assessment, program design and equipment orientation with a Personal Trainer, and concludes with a 30-minute reassessment on Day 30. Why wait? Let's get started! Please call the Allan & Jean Millar Centre to schedule your appointment.

**Members:** \$140.00  
**Retail:** \$161.00

All classes 13+ unless otherwise stated

# PEMBINA FITNESS CENTRE



## PERSONAL & PARTNER TRAINING

### WHY CHOOSE US?

- Expert Trainers
- Customized Program
- Private Personal Training
- Flexible Scheduling
- Personalized Nutrition
- Video Tutorials
- In-App Messaging Support
- Full Access to Fitness App

### LOVE THE APP?

Continue monitoring your progress for just \$10 per month!

### BOOK YOUR FREE CONSULTATION NOW!



Please scan the QR code. We'll get back to you right away.



**RYAN**

- ★ Weight loss and body composition transformation
- ★ Muscle gain and strength building
- ★ Athletic development
- ★ Nutrition and dietary guidance for optimal performance and health

#### Credentials:

ACE Certified Personal Trainer PN Level 1 Nutrition  
 Certified Coach Shallow & Deep Water Instructor  
 Volunteer Firefighter

#### Education:

Personal Fitness Trainer  
 BS in Nursing

# TRAINER SPECIALTIES



**SHANNON**

- ★ Strength training and body re-composition
- ★ Weight loss
- ★ Adaptive Fitness: Working with special populations and active agers

#### ★ Group exercise

#### Credentials:

ACE Certified Personal Trainer  
 ACE Group Fitness Instructor  
 Adaptive Fitness Master Trainer

#### Education:

Human Resources and Labour Relations Certification

TRANSFORM YOUR LIFESTYLE, TRANSFORM YOURSELF!



**NICOLE**

- ★ Weight loss
- ★ Body composition
- ★ Athletic performance
- ★ Exercise for special populations and youth

#### Credentials:

NAIT Personal Fitness Trainer Diploma  
 Lifeguard Instructor IV

**Trainers are available for One-on-One, Partner or Group Training.**

Offered in 60 minute, 30 minute and new 45 minute sessions.

Please call the Allan & Jean Millar Centre at 780-778-3637 for pricing information and scheduling.



Where Family, Fitness & Fun Matter



## A DAY in the Life of a retiree

at the Allan & Jean Millar Centre

FEATURED TRAINING:

### **PARTNER PERSONAL TRAINING**

**Personal (One on One) Training,  
Partner Personal Training or  
Group Training**

Offered in 60 minute, 30 minute  
and new 45 minute sessions.  
Call 780-778-3637 to book!



### *Joanne McCALLUM*

**How has the Allan & Jean Millar Centre fit into your life?**

I have been a regular at the AJMC for the past few years, mainly using the swimming pool and walking track during bad weather. I did not do much in the actual gym as I was uncertain of what I could do and how to do it properly - until recently. Now I try to go to the gym 4-5 mornings a week.



Mama Joanne and kids clowning around

**What Allan & Jean Millar Centre programs have you been involved in and what benefit were they to you?**

Last year, I signed up for Partner Training with Ryan Vidad. He took into consideration my age, and physical abilities and disabilities, and came up with a program that not only taught me proper techniques but challenged me to push myself more than I thought possible. I have osteoarthritis

throughout my body and have had both knees and both hips replaced, and my one shoulder is eligible for replacement, so I have been very leery about pushing myself too much physically.

**What would you suggest to someone who is interested in becoming more active, but might not be sure where to start?**

I would suggest that you take the time to go in for the 30 minute assessment and talk with a trainer. Let them know your capabilities and limitations and they will work with you. Sign up for one class to get a feel for it, they will only be as aggressive as you want or are able to be. I found signing up for a series of lessons helped keep me motivated, but even if you don't take full training at least take the time to have someone properly train you on the use of the equipment.



**Read more!** The entire 'A Day in the Life' interview can be found at <https://www.whitecourt.ca/play/allan-jean-millar-centre>





## PEMBINA GAS INFRASTRUCTURE AQUATIC CENTRE

# PEMBINA GAS INFRASTRUCTURE AQUATIC CENTRE INFORMATION



## \*Supervision Requirements

Children 7 years and younger must be within arms reach of a responsible supervisor who is 14 years or older. The maximum ratio of caregiver to children 7 years and younger is 1:4. This supervision policy is in place to ensure that children are safe while enjoying the Pembina Gas Infrastructure Aquatic Centre.

## Swim Diaper Requirements

All children 36 months and under, and anyone who is incontinent, must wear protective, water-resistant swimwear in order to minimize contamination. Swim diapers are specially designed to not soak up water, and will not expand in the water. Guest Services has swim diapers available for purchase.

## Shoes and Strollers

Outdoor footwear and strollers are not permitted on deck or in the change rooms. If you wish to lock up your footwear, please carry them to the locker. Health regulations stipulate that outdoor footwear must not be worn in wet traffic areas. Shoes may be left on the racks outside the pool change rooms.

## Accessibility

A water wheelchair is available for guests to use. The water wheelchair can be taken into the pools.

## Health Requirements for Showers

As per health requirements, each person must take a cleansing shower prior to entering the pool. This means washing all hair products out, as well as removing all lotions and make-up from skin.

## Program Waiting Lists

Wait lists are taken for all aquatic programs. If there is sufficient demand for a program, courses can be added if space and instructors are available.

## Cancellations

Programs with low registration may be cancelled or combined. Register early to avoid disappointment. Cancellations can happen one week before the lessons begin. For cancellation policies please refer to Page 11.

## Screenings

Unsure of what level to register your child in? We offer swim evaluations for \$13.00. Only 5-15 minutes are required for an instructor to determine what level your child should enroll in. Screenings take place on Tuesdays from 6:00-7:00pm. Register at Guest Services.

## Registration Rules

Registrations are NOT accepted without payment. The registration deadline for all programs is seven days prior to the start date, unless otherwise advertised. A refund, less a \$10.00 administration fee, will be issued if a participant withdraws up to fourteen (14) days prior to the registration deadline. The registration fee is non-refundable if withdrawn after the registration deadline.

## Pool Fouling

Pool closure may be necessary in the event of pool fouling. Please make sure your children use the washroom before entering the water. Feeding after their swim or a few hours before is often helpful. Any person with diarrhea, or a history of diarrhea over the previous two weeks, must not use the pool facility, as per health requirements. Pools may be closed anywhere between 1-36 hours for necessary disinfecting following fouling.

## Hot Tub

Time in the hot tub is limited to 10-15 minutes. Body temperature of children under 2 years old rises very quickly, and should be closely monitored to avoid negative cardiovascular effects. Pregnant women, and persons with heart disease, hypertension, seizures, diabetes, obesity, or those greater than 65 years of age, should consult with a physician before using the hot tub.

## Locks and Lockers

Please do not leave valuables in the change rooms. The Pembina Gas Infrastructure Aquatic Centre offers one time use, loonie operated lockers in each of the change rooms. You may also bring your own lock for your belongings. The Town of Whitecourt is not responsible for lost or stolen articles. Please remember to remove your lock at the end of your swim. Locks left overnight will be cut off.

# ALLAN & JEAN MILLAR CENTRE

## AQUATIC CENTRE HOURS

Monday, Wednesday	6:00am-9:30pm
Tuesday, Thursday, Friday	9:00am-9:30pm
Saturday, Sunday and Stat Holidays	10:00am-8:00pm

## HOLIDAY HOURS AND CLOSURES

May 20	Victoria Day	10:00am-8:00pm
June 8	Blue Dolphin Swim Meet	Closed 10:00am-5:00pm
July 1	Canada Day	10:00am-8:00pm
August 5	Heritage Day	10:00am-8:00pm

## FREE FAMILY SWIM 6:00-8:00pm

June 2, 16, July 7, 21, August 4, 18  
Sponsored by the Rotary Club of Whitecourt



June 9, July 14, August 11  
Sponsored by Pembina Gas Infrastructure



## WIGGLE BRIDGE \*subject to change

Wednesdays	1:30-3:30pm July & August
Fridays	5:00-9:00pm
Saturdays	4:00-7:30pm

## SPECIAL PUBLIC SWIMS 1:30-3:30pm

May 16, 17  
June 28 to August 30 Monday to Friday

## Swimming Times

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Fitness Swim</b>	6:00-9:00am		6:00-9:00am				
<b>*Family</b>	9:00am-3:30pm	9:00am-3:30pm	9:00am-3:30pm	9:00am-3:30pm	9:00am-3:30pm	10:00am-1:00pm	10:00am-1:00pm 6:00-8:00pm
<b>Public</b>	3:30-8:30pm	3:30-8:30pm	3:30-8:30pm	3:30-8:30pm	3:30-8:30pm	1:00-8:00pm	1:00-6:00pm
<b>*Adult</b>	8:30-9:30pm	8:30-9:30pm	8:30-9:30pm	8:30-9:30pm	8:30-9:30pm		
<b>Lanes available</b>	6:00-9:00am (6) 10:00am-12:00pm(1) 12:00-1:00pm (3) 1:00-8:30pm (1) 8:30-9:30pm (3)	9:00am-12:00pm(1) 12:00-1:00pm (3) 1:00-8:30pm (1) 8:30-9:30pm (3)	6:00-9:00am (6) 10:00am-12:00pm(1) 12:00-1:00pm (3) 1:00-8:30pm (1) 8:30-9:30pm (3)	9:00am-12:00pm(1) 12:00-1:00pm (3) 1:00-8:30pm (1) 8:30-9:30pm (3)	9:00am-12:00pm(1) 12:00-1:00pm (3) 1:00-8:30pm (1) 8:30-9:30pm (3)	10:00am-8:00pm(1)	10:00am-8:00pm(1)

**\*Family Swim:** Children must be accompanied by an adult 18 years or older in the water to attend Family Swim. Individual adults are welcome to attend Family Swim provided they do not interfere with young families or facility bookings.

**\*Fitness Swim** is for individuals 8 years and over who are actively engaged in swimming laps and/or walking in the water.

**\*Adult Swim:** Must be 18 years or older to attend. Lanes are available during Adult Swim.

**\*All Areas of the Pembina Gas Infrastructure Aquatic Centre may not be available during swim times.**

**SCHEDULE IS SUBJECT TO CHANGE WITHOUT NOTICE.**

## PEMBINA GAS INFRASTRUCTURE AQUATIC CENTRE

# Lifesaving Society's Swim for Life



## PARENT & TOT 1,2,3 | 4-36 MONTHS

Parent & Tot classes provide an opportunity for parents and children to enjoy in-water interaction in a fun and social setting. Focusing on the importance of play and developing water positive attitudes and skills, children gain valuable exposure to being in and around the water. Parents will learn to be Water Smart to keep themselves and their child safe in any aquatic setting. Activities and progressions in Parent & Tot are based on developmental stages.

DAYS	COURSE DATE	TIMES	MEMBERS	RETAIL	COURSE ID#
Mon-Fri	June 10 to 21	5:30-6:00pm	\$56.50	\$64.30	9164
	July 2 to 12	11:45am-12:15pm	\$50.85	\$57.87	9177
	July 15 to 26	9:35-10:05am	\$56.50	\$64.30	9178
	August 6 to 16	5:40-6:10pm	\$50.85	\$57.87	9179
	August 19 to 30	12:20-12:50pm	\$56.50	\$64.30	9180

## PRESCHOOL 1 | 3-5 YEARS

Preschoolers will be assisted by their instructor when learning to enter and exit water safely, jump into chest deep water, and put their faces in the water to blow bubbles. Becoming comfortable with floats and glides and moving safely in shallow water while wearing lifejackets will help them gain confidence with their water skills. **Prerequisite: 3 years**

DAYS	COURSE DATE	TIMES	MEMBERS	RETAIL	COURSE ID#
Mon-Fri	June 10 to 21	6:15-6:45pm	\$56.50	\$64.30	9165
	July 2 to 12	9:35-10:05am	\$50.85	\$57.87	9181
	July 2 to 12	5:45-6:15pm	\$50.85	\$57.87	9182
	July 15 to 26	11:50-12:20pm	\$56.50	\$64.30	9183
	July 15 to 26	5:45-6:15pm	\$56.50	\$64.30	9184
	August 6 to 16	12:20-12:50pm	\$50.85	\$57.87	9185
	August 6 to 16	5:45-6:15pm	\$50.85	\$57.87	9186
	August 19 to 30	10:05-10:35am	\$56.50	\$64.30	9187
	August 19 to 30	4:15-4:45pm	\$56.50	\$64.30	9188

## PRESCHOOL 2

Preschoolers will work on becoming more independent with their water skills. Some of these skills include jumping into chest deep water unassisted, submerging and exhaling underwater, and floating and gliding with various buoyant aids. They will be introduced to lateral rollovers and practice their flutter kick on their backs. **Prerequisite: Preschool 1**

DAYS	COURSE DATE	TIMES	MEMBERS	RETAIL	COURSE ID#
Mon-Fri	June 10 to 21	5:40-6:10pm	\$56.50	\$64.30	9166
	July 2 to 12	10:05-10:35am	\$50.85	\$57.87	9191
	July 2 to 12	5:40-6:10pm	\$50.85	\$57.87	9192
	July 15 to 26	11:00-11:30am	\$56.50	\$64.30	9193
	July 15 to 26	5:40-6:10pm	\$56.50	\$64.30	9194
	August 6 to 16	11:30-Noon	\$50.85	\$57.87	9195
	August 6 to 16	4:55-5:25pm	\$50.85	\$57.87	9196
	August 19 to 30	9:35-10:05am	\$56.50	\$64.30	9197
	August 19 to 30	5:40-6:10pm	\$56.50	\$64.30	9198





**NO SWIM LESSONS MAY 16, 19, 20**

### PRESCHOOL 3

Preschoolers will kick and glide their way through the water on their fronts and backs. They will work on retrieving objects from the bottom in water that is waist deep, and work towards mastering their floats, rollovers, glides, and kicks. In this level they work their way into deeper water for side entries and jumping in with their lifejackets on. **Prerequisite: Preschool 2**

DAYS	COURSE DATE	TIMES	MEMBERS	RETAIL	COURSE ID#
Mon-Fri	June 10 to 21	4:55-5:25pm	\$56.50	\$64.30	9167
	July 2 to 12	5:45-6:15pm	\$50.85	\$57.87	9199
	July 15 to 26	10:05-10:35am	\$56.50	\$64.30	9200
	July 15 to 26	5:30-6:00pm	\$56.50	\$64.30	9201
	August 6 to 16	11:45am-12:15pm	\$50.85	\$57.87	9202
	August 6 to 16	5:30-6:00pm	\$50.85	\$57.87	9203

### PRESCHOOL 4 / PRESCHOOL 5

In Preschool 4, swimmers will gain some independence in deep water. They will practice jumping into deeper water (including getting out by themselves), sideways entries, and opening their eyes underwater. These swimmers in training will work on completing 5m of front crawl in their lifejackets and work on their ability to tread water.

**Prerequisite: Preschool 3**

In Preschool 5, swimmers will work towards achieving important swimming milestones. They will work on being able to support themselves treading in deep water for 10 seconds and complete 5 metre swims with front crawl and back crawl. Wearing a lifejacket, they will practice forward roll entries into deep water, learn to whip kick in a vertical position, and be introduced to interval training.

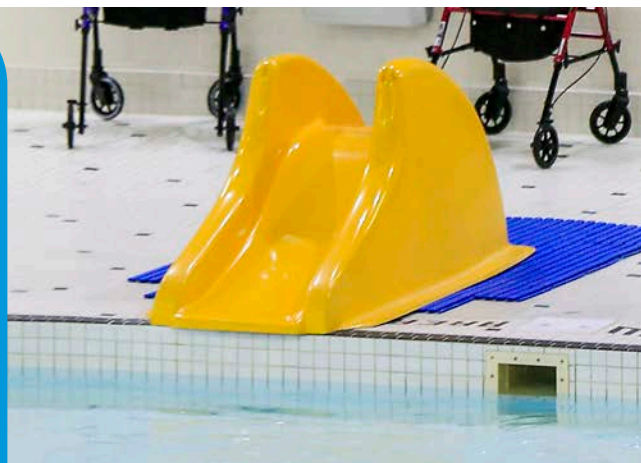
**Prerequisite: Preschool 4**

DAYS	COURSE DATE	TIMES	MEMBERS	RETAIL	COURSE ID#
Mon-Fri	July 2 to 12	12:20-12:50pm	\$50.85	\$57.87	9168
	July 15 to 26	4:55-5:25pm	\$56.50	\$64.30	9207
	August 6 to 16	9:35-10:05am	\$50.85	\$57.87	9208

# PEMBINA GAS INFRASTRUCTURE AQUATIC CENTRE

## Lifesaving Society's Swim for Life

SWIMMER | 5-12 YEARS



Swimmer is a 6-level, success-oriented learn to swim program for children 5-12 years old. There is a prominent focus on in-water swimming practice as swimmers learn fundamental strokes and skills, mastering them as they progress through the program. Swimmers also learn how to be safe in, on, and around the water through Water Smart education incorporated into every level.

### SWIMMER 1

Building the foundation of swimming skill development, beginner swimmers will gain confidence in the water as they learn safe entries into various depths of water, treading water in a lifejacket, opening their eyes underwater, and breath control. Once they have learned their floats, rollovers, glides, and kicks from front to back, they will front crawl their way into the next level.

**Prerequisite: 5 years**

DAYS	COURSE DATE	TIMES	MEMBERS	RETAIL	COURSE ID#
Mon-Fri	June 10 to 21	4:50-5:35pm	\$56.50	\$64.30	9172
	June 10 to 21	5:45-6:30pm	\$56.50	\$64.30	9209
	July 2 to 12	10:40-11:25am	\$50.85	\$57.87	9210
	July 2 to 12	10:55-11:40am	\$50.85	\$57.87	9211
	July 2 to 12	4:55-5:40pm	\$50.85	\$57.87	9212
	July 2 to 12	4:55-5:40pm	\$50.85	\$57.87	9213
	July 15 to 26	10:55-11:40am	\$56.50	\$64.30	9214
	July 15 to 26	11:35am-12:20pm	\$56.50	\$64.30	9215
	July 15 to 26	4:50-5:35pm	\$56.50	\$64.30	9216
	August 6 to 16	10:55-11:40am	\$50.85	\$57.87	9217
	August 6 to 16	4:50-5:35pm	\$50.85	\$57.87	9218
	August 19 to 30	11:30am-12:15pm	\$56.50	\$64.30	9219
	August 19 to 30	4:50-5:35pm	\$56.50	\$64.30	9220

### SWIMMER 2

Swimmers will gain comfort in deeper water by jumping in, learning their sideways entry, and treading water without a lifejacket. Swimmers will be challenged by the introduction of various skills including flutter kick on their front, back, and side; vertical whip kick with an aid; and swimming front crawl and back crawl for 10 metres. Swimmers will get to work on their Swim to Survive skills and be introduced to interval training.

**Prerequisite: Swimmer 1**

DAYS	COURSE DATE	TIMES	MEMBERS	RETAIL	COURSE ID#
Mon-Fri	June 10 to 21	4:55-5:40pm	\$56.50	\$64.30	9173
	July 2 to 12	11:00-11:45pm	\$50.85	\$57.87	9221
	July 2 to 12	4:50-5:35pm	\$50.85	\$57.87	9222
	July 2 to 12	6:15-7:00pm	\$50.85	\$57.87	9223
	July 15 to 26	10:40-11:25am	\$56.50	\$64.30	9224
	July 15 to 26	12:20-1:05pm	\$56.50	\$64.30	9225
	July 15 to 26	4:55-5:40pm	\$56.50	\$64.30	9226
	August 6 to 16	11:00-11:45am	\$50.85	\$57.87	9227
	August 6 to 16	4:55-5:40pm	\$50.85	\$57.87	9228
	August 19 to 30	10:40-11:25am	\$56.50	\$64.30	9229
	August 19 to 30	4:05-4:50pm	\$56.50	\$64.30	9230

## SWIMMER 3

Swimmers will make a splash with their kneeling dives and forward roll entries. Swimmers will be challenged with the introduction to more difficult (but fun) skills such as handstands in shallow water and front somersaults (in water). Increased time and distance components are incorporated for skills learned such as flutter kick on front and back, whip kick on back, front and back crawl, and interval training.

**Prerequisite: Swimmer 2**

DAYS	COURSE DATE	TIMES	MEMBERS	RETAIL	COURSE ID#
Mon-Fri	June 10 to 21	4:05-4:50pm	\$56.50	\$64.30	9174
	July 2 to 12	10:05-10:50am	\$50.85	\$57.87	9231
	July 2 to 12	4:05-4:50pm	\$50.85	\$57.87	9232
	July 15 to 26	10:10-10:55am	\$56.50	\$64.30	9233
	July 15 to 26	4:05-4:50pm	\$56.50	\$64.30	9234
	August 6 to 16	10:05-10:50am	\$50.85	\$57.87	9235
	August 6 to 16	4:05-4:50pm	\$50.85	\$57.87	9236
	August 19 to 30	10:10-10:55am	\$56.50	\$64.30	9237
	August 19 to 30	4:55-5:40pm	\$56.50	\$64.30	9238

## SWIMMER 4

Swimmers will move from a beginner to an intermediate swimming level. Swimmers will complete standing dives, tread water for 1 minute, and work towards being able to swim underwater for 5 metres. Swimmers will achieve the Swim to Survive standard by being able to roll into deep water, tread water for 1 minute, and swim 50 metres. In addition to improving their front crawl, back crawl, and whip kick, swimmers will be introduced to breaststroke.

**Prerequisite: Swimmer 3**

DAYS	COURSE DATE	TIMES	MEMBERS	RETAIL	COURSE ID#
Mon-Fri	June 10 to 21	4:05-4:50pm	\$56.50	\$64.30	9174
	July 2 to 12	10:05-10:50am	\$50.85	\$57.87	9231
	July 2 to 12	4:05-4:50pm	\$50.85	\$57.87	9232
	July 15 to 26	10:10-10:55am	\$56.50	\$64.30	9233
	July 15 to 26	4:05-4:50pm	\$56.50	\$64.30	9234
	August 6 to 16	10:05-10:50am	\$50.85	\$57.87	9235
	August 6 to 16	4:05-4:50pm	\$50.85	\$57.87	9236
	August 19 to 30	10:10-10:55am	\$56.50	\$64.30	9237
	August 19 to 30	4:55-5:40pm	\$56.50	\$64.30	9238

## Lifesaving Society's Swim for Life

### SWIMMER 5 \*Combined courses of Swimmer 5 and 6

Swimmers will be challenged with a whole new set of skills; shallow dives, tuck jumps (cannonball entries), eggbeater kick, and backward somersaults (in water). Technique and endurance will also receive greater focus as swimmers will need to complete longer distance swims and interval training sessions for all their strokes.

**Prerequisite: Swimmer 4**

### SWIMMER 6

As the final level in the Swimmer program, swimmers will build up their advanced skill set. Swimmers will work towards mastering stride entries, compact jumps, and lifesaving kicks. They will also refine their strokes to increase their swimming strength, power, and endurance - critical for success in the 300 metre workout required to complete the level.

**Prerequisite: Swimmer 5**

DAYS	COURSE DATE	TIMES	MEMBERS	RETAIL	COURSE ID#
Mon-Fri	June 10 to 21	4:05-4:50pm	\$56.50	\$64.30	9176
	July 2 to 12	10:10-10:55am	\$50.85	\$57.87	9248
	July 2 to 12	4:05-4:50pm	\$50.85	\$57.87	9249
	July 15 to 26	11:30am-12:15pm	\$56.50	\$64.30	9250
	July 15 to 26	4:05-4:50pm	\$56.50	\$64.30	9251
	August 6 to 16	10:40-11:25am	\$50.85	\$57.87	9252
	August 6 to 16	4:05-4:50pm	\$50.85	\$57.87	9253
	August 19 to 30	6:15-7:00pm	\$56.50	\$64.30	9254

## CANADIAN SWIM PATROL

The Lifesaving Society's 3 level Canadian Swim Patrol program is for swimmers who are ready to go beyond learn-to-swim. The program will focus on developing strength and proficiency while introducing swimmers to the challenging world of lifesaving. Swimmers will have fun enhancing their capability in the water, increasing their physical conditioning, and learning lifesaving judgment. Each level will continue to develop swimmers' strokes and provide a skill foundation that will prepare them for success in the Society's Bronze Medal Awards. Each level of the Canadian Swim Patrol program has three modules: Water Proficiency, First Aid, and Recognition and Rescue.

**Prerequisite: Swimmer 6**

DAYS	COURSE DATE	TIMES	MEMBERS	RETAIL	COURSE ID#
Mon-Fri	July 2 to 12	12:20-1:05pm	\$50.85	\$57.87	9255
	August 6 to 16	12:05-12:50pm	\$50.85	\$57.87	9256



# PEMBINA GAS INFRASTRUCTURE AQUATIC CENTRE

**FREE PRE-REGISTRATION REQUIRED**

## SWIM TO SURVIVE: ADULTS LIFESAVING SOCIETY

Swim to Survive is a program that is accessible to everyone.

"Swim to Survive teaches the essentials to survive an unexpected fall into deep water – an important first step to being safe around water. Participation and having fun are the fundamental pillars in the program."  
- Lifesaving Society

The goal of this program is to acquaint non-swimmers with the basics to enable them to save themselves if they are in a life threatening situation in water. The skills that will be covered are orienting oneself at the surface after an unexpected entry, supporting oneself at the surface, and swimming to safety. Participants will have the opportunity to move through the steps at their own comfort level. Min.3/Max.10

**VISIT**  
<https://rec.whitecourt.ca>  
for up to date info on courses and schedules.

**July 2 to 23**  
**Registration deadline:**  
**June 29**

**ADULT 18+**  
8:30-9:00pm  
Tuesdays  
Course ID#: 9170

**YOUTH**  
**13-17 years**  
8:00-8:30pm  
Tuesdays  
Course ID#: 9171

Supported through the Town of Whitecourt's Safe Community Initiative



## SWIM INSTRUCTORS

Swim Instructors are responsible for teaching and evaluating candidates participating in the Swim for Life® and Canadian Swim Patrol programs. We are running a course to become a Swim instructor. Candidates will be required to co-teach swimming lessons before this course in addition to attending the course dates.  
**Prerequisites:** 15 years old and Bronze Cross

Please contact the Aquatic Coordinator for more details  
[jodyjager@whitecourt.ca](mailto:jodyjager@whitecourt.ca)

August 26 to 29 • 8:30am-4:30pm  
Monday to Thursday  
Registration deadline: August 6  
Course ID#: 9263  
Member: \$240.00 Retail: \$276.00

## FORGOT WHAT LEVEL YOUR CHILD IS IN?

# AQUATIC SCREENING



Not sure what level you need? Take a screening!  
A screening is where an instructor will go in the water with your child for 15 minutes and determine what level they should be placed in.  
Must be 3 years of age and older.

**Tuesdays 6:00-7:00pm Fee: \$13.00**  
Payment is required at the time of booking.



## PRIVATE LESSONS

**Private Lessons will be offered throughout the year**

**Private Lesson:** \$24.00 per person

**Semi Private Lesson:** \$34.50  
(Two people sharing one instructor)

**Semi Private Lesson:** \$57.75  
(Three people sharing one instructor)

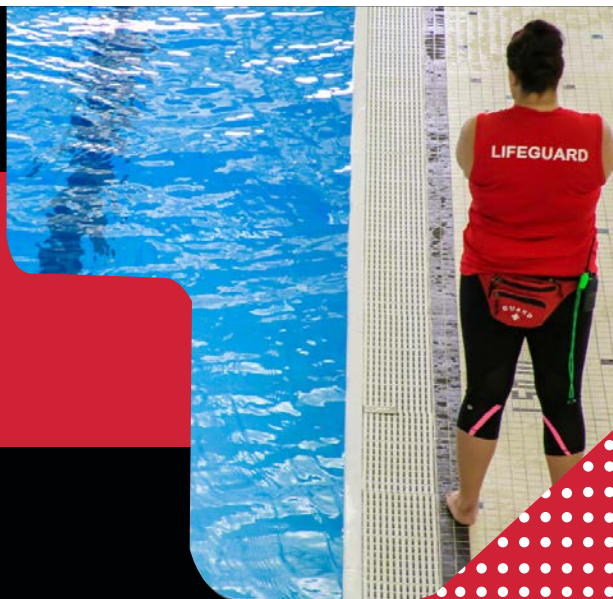
**CONTACT GUEST SERVICES TO FIND OUT TIMES AND DATES THAT ARE AVAILABLE.**



<https://rec.whitecourt.ca>



# PATH TO BE A LIFEGUARD



## 1 Standard First Aid-Blended

The Canadian Red Cross First Aid and CPR programs provide lifesaving first aid skills and knowledge. Successful completion of this blended learning course will result in first aid and cardiopulmonary resuscitation (CPR) certification. Blended learning is a combination of in-class and interactive online instruction. This course combines online learning (7.5 hours) with one day (8 hours) of hands on, in-class training to provide comprehensive training covering all aspects of first aid.

### COMPLETION:

- Successfully demonstrate skills and critical steps
- Minimum 75% mark for written knowledge evaluation
- Attend and participate in 100% of the course

### CERTIFICATION

3-year certification in Standard First Aid and CPR Level C

### July 3

Prerequisites: None

Registration deadline: June 30

Wednesday

9:00am-5:00pm

Course ID#: 9259

Members: \$160.00 Retail: \$184.00

## 3 Bronze Cross

The Lifesaving Society's Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as an assistant lifeguard. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies.

### July 22 to 25

Prerequisites: Bronze Medallion and Standard First Aid

Registration deadline: June 30

Monday to Thursday

10:00am-4:00pm

Course ID#: 9257

Members: \$140.00 Retail: \$161.00

## 2 Bronze Medallion

The Lifesaving Society's Bronze Medallion challenges the candidate both mentally and physically. Judgement, knowledge, skill, and fitness-the four components of water rescue-form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on, and around the water.

### July 8 to 11

Prerequisites: CPR-C and 13 years or Bronze Star

Registration deadline: July 1

Monday to Thursday

10:00am-4:00pm

Course ID#: 9258

Members: \$170.00 Retail: \$195.52

## 4 National Lifeguard

National Lifeguard develops basic lifeguarding skills, principles, and decision making. This helps lifeguards evaluate and adapt to different aquatic facilities and emergencies. Successful completion certifies participants to work as a lifeguard afterwards.

### August 12 to 16

Prerequisites: Standard First Aid, Bronze Cross and 15 years by August 17. All prerequisites MUST be met BEFORE the class start date.

Registration deadline: August 5

Monday to Friday

8:30am-5:00pm

Course ID#: 9260

Members: \$300.00 Retail: \$345.00

Check out <http://rec.whitecourt.ca> for dates of the upcoming courses.



# IN THE COMMUNITY



Illusion Dance Co. has been providing fun, positive, technical dance classes in all disciplines to the children of Whitecourt for 19 years.

We can't wait for you to join our dance family for our new upcoming season!

## Registrations

*Registration forms for our 2024/2025 season are on our website*

*In-studio registration date is September 4th from 4:00-6:00pm.*

**Community Connections is August 29th from 6:00-7:30pm**

**Class schedule will be emailed to registered dancers by September 13<sup>th</sup>**

**Classes will begin the week of September 16<sup>th</sup>**

## Pre-Dance

12 week sessions for 30mins/week  
Pre-dance combines elements of dance through fun music, dance games with fundamental ballet and jazz steps.

## 5 to 17 year olds

Ballet, Jazz, Tap, Hip Hop, Lyrical, Musical Theatre and Modern  
These classes teach fundamental dance steps in each discipline that are choreographed into a routine performed at spring festivals in the Edmonton area.  
Length of classes: 45 mins - 1 hour,  
All season program (September to the end of April)  
Costs: Prices are on our website on our registration forms.

## Kinder Classes

3-4 year olds: Jazz, Tap, Ballet or Hip Hop  
All season program 30 mins/week  
These classes teach 3 & 4 year olds the fundamental dance steps in each discipline that are choreographed into a routine performed at a spring dance festival in St. Albert and our annual year end recital.

## ACRO Dance



Acro dance is a style of dance that combines classical techniques with acrobatic elements. Acro dance will improve your child's co-ordination, flexibility, strength building and confidence  
8 Week Sessions  
Ages 7 and up  
Max. 10 students per class  
Cost: \$157.50 + \$35.00 registration fee for non-registered Illusion dancers



## For inquiries please

**email: [illusiondanceco@hotmail.com](mailto:illusiondanceco@hotmail.com) or visit our website: [www.illusiondance.com](http://www.illusiondance.com)**

**Find us on Facebook under Illusion Dance Co.**

**4213 - 42 Ave** (located across from the RCMP Detachment)



WHITECOURT TAEKWONDO IS EXCITED TO PRESENT

# Summer Action Camps!

Check our website for dates!

Open to kids 5-12, no Taekwondo experience necessary. \$150.00/week, or \$35.00 for individual days. Kids will have 5 fun days filled with nerf battles, obstacle courses, martial arts training, water balloon fights, field trips, games and crafts.

Drop off at 9:00am, pick up at 4:00pm at the Taekwondo gym, 4105 41 Ave (behind Affinity Funeral Home)

New classes start September 2. Check out the website for Early Bird discounts.



Register at [www.whitecourttaekwondo.com](http://www.whitecourttaekwondo.com)

Questions? [events@whitecourttaekwondo.com](mailto:events@whitecourttaekwondo.com) or call 780-778-0202

Fall Classes for beginners starts September 4th, visit our website for schedules.

# IN THE COMMUNITY



## Find us on Facebook!

Join our Remind Class by texting @riversrec to 587-800-0543

- Co-ed, ages 3-18
- We offer an all-boys class
  - One class per week
- Our head coach is certified to coach special or adaptive needs children

Classes offered include:

- KinderGym (Ages 3 to 5 & co-ed)
- CanGym (Ages 6+ & co-ed or all boys)
- Mini Ninja Warrior Obstacle Course (Ages 6+ & co-ed)

### Birthday Party Packages are available!

Base Price \$170 plus \$10 per attendee  
Bouncy Castle available for \$75.00

All registrations will be on a first come first serve basis due to class sizes as per AGF guidelines.

Find more information on our website:

<https://riversrec.uplifterinc.com/>

Email with any questions: [riversrecgym.info@gmail.com](mailto:riversrecgym.info@gmail.com)

### ALL REGISTRATION NOW TAKES PLACE ONLINE!

We offer 3 sessions per year, each session is 10 weeks long.  
 Fall Session (September to December): Registration in September  
 Winter Session (January to March): Registration in December  
 Spring Session (April to June): Registration in March

### Did you know...

Gymnastics is a great foundation for all other sports; our athletes learn fundamental movement skills that develop agility, balance, coordination and speed. These traits are essential for a strong and longstanding athletic career.

Fully equipped recreational gymnastics gym located inside the Carlan Community Resource Centre  
76 Sunset Blvd

*We can't wait to see everyone!*

WHITECOURT BAPTIST CHURCH

# KIDS SUMMER CAMP

Age 5 to entering grade 6.

**GAMES, MUSIC, CRAFTS, HANDS ON LEARNING & SOCCER OPTION**

Follow the QR code below or visit [whitecourtbaptist.com/summer-camp](http://whitecourtbaptist.com/summer-camp) to stay up to date and to register!

Registration opens: **June 1, 2024**

# tops CLUB INC.

*A weight loss support group.  
 Take Off Pounds Sensibly (TOPS) meet  
 Thursdays at 9:00am in the basement  
 of the Whitecourt United Church.*

For more information please call:  
 Karen Manweiler 780-778-3256 or  
 Avy Fast at 780-778-0821



**PROTECT YOUR BRAIN FOLLOW THE 2V1**

**TO MAKE SURE YOUR HELMET FITS RIGHT!**



**2** FINGERS ABOVE YOUR EYEBROWS

STRAPS FORM A **V** UNDER YOUR EARS

**1** FINGER BETWEEN STRAP AND CHIN

Parachute  
PROTECTING YOURS. SAVING LIVES

Whitecourt Alberta Health Services

Check if your helmet fits correctly. Shake your head from side to side, and from front to back. The helmet should not move around.

**EAGLE TOWER VICTIM SERVICES**

**VOLUNTEER ADVOCATES NEEDED**

**Interested in becoming a volunteer advocate for a local non-profit?**

Eagle Tower Victim Services is seeking volunteer advocates to assist victims of crime, trauma and tragedy. Some roles would include providing court support, attending crisis call outs, and providing community resource referrals. Must be willing to obtain security clearance.

Applications are available on the website.  
**etvictimservices.com**

Applications can be submitted by email to christina.prodaniuk@rcmp-grc.gc.ca

For more information, call 780-779-5924.




**FIND DRUGS?**

If you suspect or find something suspicious.....

**STOP**

**DON'T TOUCH DON'T DISTURB THE AREA**

**CALL 911** or your local detachment immediately with a description and location.

Certain drugs can be dangerous when inhaled or touched.

**BE SAFE.**

Whitecourt

**ARE YOU scam ? savvy**

**CON ARTISTS ARE FINDING NEW WAYS TO TARGET YOU.**

Would you know what to do and how to react if you were being scammed?



**SCENARIO: CANADA REVENUE AGENCY (CRA) CALLS DEMANDING A PAYMENT**



**Target:** Oliver Jennings, 73 years old  
**Phone:** 780-555-6909

You receive a call saying you owe money and it doesn't add up.

Don't provide any information over the phone. Take down a call back number and then find a phone number for the Canada Revenue Agency you know is real. Call and confirm with them if they really called you.

**TRUST YOUR GUT. WHEN IN DOUBT, REACH OUT.**

To report suspicious activity call the Whitecourt RCMP detachment complaint line at 780-778-5454.



# IN THE COMMUNITY

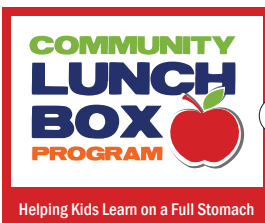


A non-profit, all inclusive, volunteer society creating positive initiatives in our community. Our goal is to ensure that all children attending school in Whitecourt have the nutrition they need for optimal growth and development.

#helpingkidslearnonafullstomach

## Learning Facilities We Support

- Pat Hardy Elementary School
- Whitecourt Central School
- Percy Baxter Middle School
- Hilltop Jr./Sr. High School
- Gateway Academy
- École St. Anne School
- École St. Mary School
- École St. Joseph School
- Precious Sprouts Childcare Centre
- BGC Whitecourt
- Whitecourt and District Public Library



Phone 780-778-8252 Email [admin@communitylunchbox.ca](mailto:admin@communitylunchbox.ca)  
Box 2127, Whitecourt, AB T7S 1N8



# ROYAL CANADIAN LEGION BRANCH #44

**MEGA MEAT DRAWS**  
every second Saturday!  
Call the branch if you wish to be a sponsor

## LOUNGE

Thursday	Friday	Saturday
Open at 2:30pm	Open at 2:30pm	Drop in crib 10:00am
Drop in shuffleboard 3:00pm	Drop in darts 7:30pm registration	Open at 2:30pm
		Meat draw at 3:00pm

Hall Rentals Call Cheryl at 780-706-4881

## VETERANS

Your service officer is just a call away.  
Ralph 780-779-8543

## MEMBERSHIP

Membership has it's perks. Sign up today.  
Sue 780-778-3666  
Memberships can be paid online at [legion.ca](http://legion.ca),  
by mail to the branch or in person at the branch.

## STUDENTS

Do you have a parent, grandparent or a great grandparent who is or was a Veteran? You may be eligible for an education bursary.  
Deadline to apply October 1. Contact Barb 780-262-1013

Please call 780-778-3666 for current information and lounge hours.



EMAIL: [rcligion44mem@gmail.com](mailto:rcligion44mem@gmail.com)  
WEBSITE: [www.whitecourtlegion.com](http://www.whitecourtlegion.com)  
FACEBOOK: Royal Canadian Legion  
Branch #44 Whitecourt, Alberta  
MAIL: PO Box 874, T7S1N8

Branch 44  
Whitecourt

# Repeat Boutique

Come in on Wednesday and Saturday to check out our toy section.



The Repeat Boutique is run exclusively by the Volunteers of the Friends of Whitecourt Society. Our objectives are to promote and support initiatives that further the health and well-being of the citizens of Whitecourt and area.

Friends of Whitecourt Society has scholarships for anyone entering the medical field, get an application and apply.

Volunteers do a number of different jobs at the Repeat Boutique, come join the group and have some fun!

If you volunteer, shop or donate to the Repeat Boutique, you are contributing to the equipment at the Whitecourt Healthcare Centre.

VOLUNTEERS WELCOME!  
THANK YOU FOR YOUR SUPPORT!

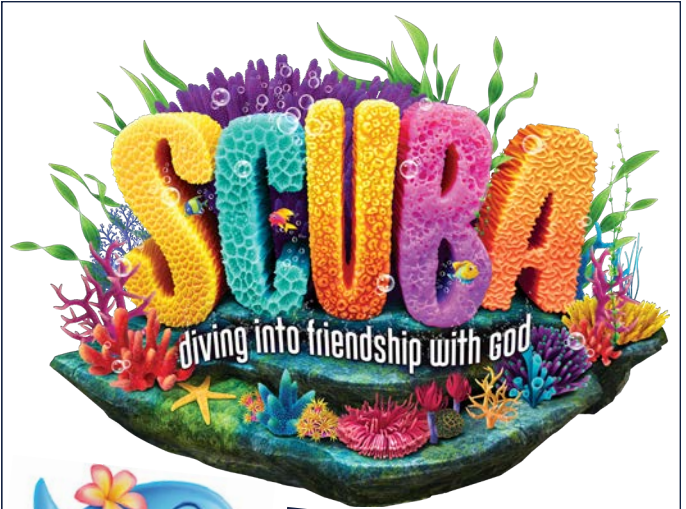
**DONATIONS WELCOME & ACCEPTED:**

Tuesday, Wednesday, Thursday & Saturday  
9:00am-4:00pm

Monday, Thursday & Friday  
7:00-9:00pm

4716-50 AVENUE

Store Hours  
Wednesday & Saturday  
10:00am-4:00pm



## Scuba Summer Camp

August 12 to 15, 2024  
(Monday to Thursday only)  
9:00am-12:15pm

Skyview Alliance Church  
(Highway 43 East)  
Ages 5 to 11

No transportation available

Snacks and a whole lot of fun provided!



For more information:

office@skyviewalliance.ca or 780-778-6806

Online registration available at www.skyviewalliance.ca

Starting June 17, 2024





# IN THE COMMUNITY



## 2024 Events

All dates, locations and times to be confirmed and posted on Facebook and the WFGA web page

- June 20 6:30 pm - Yoga and Granola
- August - Kayaking and Paddleboarding
- October - Gun Range Day
- December - Hide Mitten Making

ladiesleague@wfga.ca



# WHITECOURT WOLVES

- Community basketball for ages 6 through 18
- Athlete development and foundational skills
- Fun, teamwork, and sportsmanship
- No cuts, no tryouts. Every skill level is welcome, but registration is first, come first serve
- In house play, in house tournament, travel tournaments, games
- 1 or 2 days per week for a 10-week session for Fall program
- Affordable rates
- Registration will occur in September for our Fall 2024 Session
- Winter 2025 registration will occur in December 2024



Please follow our Facebook page for the most up to date information.

Email: [whitecourtbasketball@gmail.com](mailto:whitecourtbasketball@gmail.com)

 Whitecourt Wolves Community Basketball





**SHELTER**

Wellspring Shelter provides safe, secure, short-term emergency accommodation for women and children with priority given to those fleeing abuse. Food, clothing, and personal care items are provided as needed.

**CHILD SUPPORT PROGRAM**

Wellspring’s Child Support Program provides a safe and healthy environment for children whose guardian is accessing shelter, women’s support groups and outreach services. The goal of this program is to enhance and maintain the physical, emotional and social well-being of the child and family.

**ADULT & YOUTH OUTREACH**

Intensive Case Management is a confidential service, provided to women, men and youth in Whitecourt and the surrounding communities with priority given to those who have experienced family violence.

**PUBLIC EDUCATION**

Provides workshops, information, and awareness to schools, organizations, and businesses.



WELLSPRING FAMILY RESOURCE & CRISIS CENTRE

(780) 778-6209 • 1 (800) 467-4049  
• Text (780) 779-1059

CIW@whitecourtshelter.ca  
whitecourtshelter.ca



**YOUR DONATIONS GIVE BACK!**



**YOUR PURCHASES & DONATIONS BENEFIT:**  
Wellspring’s shelter, adult & youth outreach, community programming



WELLSPRING’S TWICE IS NICE

(780) 706-3181  
5115-49th Street, Midtown Mall, Whitecourt

Mon-Sat 10am-5pm

# IN THE COMMUNITY



## Centre4Work Resource Centre

### Career supports and employment workshops

At Centre4Work, we connect Albertans to the services, information, resources, and supports needed to prepare for, find, and maintain work.



#### Resume and cover letter writing

Access to resume and cover letter writing software, as well as individual support and resume feedback.



#### Job interview supports

Receive interview coaching or mock interviews to prepare and then access our technology and private meeting space to attend your virtual interview.



#### Resource centre

Drop-in and by appointment services are available virtually or in-person. Access to computers, printing, faxing, scanning, and a private meeting space.



#### Value added services

Community resources, referrals, and available food, clothing, and hygiene supports through Lifemark's Food Pantry and Clothing Closet.

### Contact us to learn more

Unit 6 - 4739 50 Ave.  
Whitecourt, AB T7S 1N8  
tel: 587-442-3335  
centre4work@lifemark.ca

[lifemarkvocational.ca/centre4work](https://lifemarkvocational.ca/centre4work)

**Lifemark**   
Vocational Services

<https://rec.whitecourt.ca>

## BALLAD CONSULTING

Essential Skills to Success is a free community-based job development program. Are you seeking employment preparation skills to lead you to a job just right for you?

We offer Career Counseling, Resume Building, Computer Basics, as well as Safety Courses (First Aid, H2S and much more!) We also offer onsite skill development training in Hospitality and Woodworking/Carpentry.

Please Contact us at (780) 778-8311 or [ests@balladgroup.ca](mailto:ests@balladgroup.ca)



LOCATED DIRECTLY  
ACROSS FROM  
CENTRAL SCHOOL

The BGC offers high quality, accredited, licenced child care for children 4 1/2 to 11 years. Purposeful planning of daily activities is geared towards children's needs, interests and developmental levels. Your child's learning and development is promoted through opportunities to communicate ideas, problem solve, explore and experiment. Our qualified and certified staff will promote your child's self-esteem and will build excitement about learning in a fun-filled, play-based environment.

### Summer Camps

- Week 1 ..... July 2-5..... All about YOU!!
- Week 2 ..... July 8-12 ..... Crazy Cooking Chefs
- Week 3 ..... July 15-19..... S.T.E.A.M. Ahead
- Week 4 ..... July 22-26 ..... Around the World in 5 Day
- Week 5 ..... July 29-August 2..... BGC Olympics
- Week 6 ..... August 6-9..... Hometown Heroes
- Week 7 ..... August 12-16..... Dinosaur Discovery
- Week 8 ..... August 19-23..... Neat Nature
- Week 9 ..... August 26-30..... Clowning Around

### REGISTER NOW!

Hours are 7am-6pm  
Monday-Friday.  
\$50.00/day except  
Thursdays are \$75.00 for  
field trips. Save \$25.00  
if you book a full week.  
Registration will be  
available in May.



Phone: 780-778-6696 • Website: [bgcwhitecourt.com](http://bgcwhitecourt.com) • Email: [finance@bgcwhitecourt.com](mailto:finance@bgcwhitecourt.com)

Like us on  
**Facebook**



# IN THE COMMUNITY

**Major track improvement this Spring 2024 includes a new Pee wee track**



## WHO IS WHITECOURT MX?

WhiteRidge MX Park is one the most famous Motocross tracks in Alberta. With our unique sprinkler system, we offer perfect ground moisture for riders. The beautiful facility also has a campground with a swimming and fishing pond. Members are from all

over Alberta. We are so proud to say that out-of-province riders have made detours to be able to enjoy our facility.

The Whitecourt Motocross Association is a family oriented organization which is focused on making new friends and enjoying the sport of Motocross.



### RACE EVENT

Central Alberta Motocross  
Round 3/4  
July 20/21 2024

### SCHOOL RIDING

August 17 2024  
10:00am-4:00pm  
Cost: 160\$/rider  
Registration: [www.seven1racing.com](http://www.seven1racing.com)

Located in Woodlands County  
5kms north of Blue Ridge on  
Highway 658  
595037 Hwy 658

### FAMILY MEMBERSHIPS:

\$200 for the first member and an additional \$50 for each extra member under 18. \$80 for each extra member 18+, capped at \$400 (must be immediate family residing in the same household)

**SINGLE MEMBERSHIP:** \$200

**DAY PASS:** \$20

### FOLLOW US:

Facebook  
Instagram  
X  
Website:

Whitecourt Motocross Association  
[whitecourt\\_mx](https://www.whitecourtmx.com)  
WhiteRidge MX Park  
[www.whitecourtmx.com](http://www.whitecourtmx.com)



Photography by: Rachel Jane's photography



# SUMMER STREET

DOWNTOWN  
WHITECOURT

FEST 2024

FUN FOR THE  
WHOLE FAMILY



AUGUST 10 2-7PM



ART FOOD  
LIVE PERFORMANCES



SHOP LOCAL

FREE FAMILY FRIENDLY FUN

WATCH FOR MORE TO BE ANNOUNCED!



50TH STREET  
LEGION STREET

51 AVE

SPONSORED BY



For more info, contact [ecdev@whitecourt.ca](mailto:ecdev@whitecourt.ca).



SALE

# PARTY IN THE PARK FESTIVAL

EST. 2007 | WHITECOURT, AB

WHITECOURT & WOODLANDS  
PERFORMING ARTS  
SOCIETY

\*artists and schedule  
subject to change

Canada

## 2024 | JUNE 14 & 15 | FESTIVAL PARK

### FRIDAY LINE-UP

HEADLINER **SCOTT HELMAN** 9:15PM POP  
**ARCANA KINGS** 7:45PM ROCK

### SATURDAY LINE-UP

HEADLINER **MADELINE MERLO** 9:15PM COUNTRY  
**JASON KIRKNESS** 7:45PM COUNTRY

— ALSO FEATURED AT PARTY IN THE PARK —

THE LONG RUN: CANADA'S SALUTE TO THE EAGLES JACK GARTON  
SWEET DISASTERS ANALOG SMOKESHOW  
BEAUTY AND THE BEATS  
AND MORE ARTISTS TO BE ANNOUNCED!

— PLUS —

**BEER GARDENS** **FAMILY ACTIVITIES**

By Whitecourt & Woodlands Performing Arts Society Explore a variety of fun family activities!

FOOD TRUCKS & CONCESSION FOR PURCHASE

## MUSIC ART FAMILY FUN FOOD OUTDOORS FREE



Platinum Sponsor



Diamond Sponsors



Gold Sponsor



Silver Sponsors



Festival Friends

